

Pumpkin Pie Oatmeal

What You'll Need

1/2 cup cooked oatmeal

1/4 cup pumpkin puree

1 tablespoon brown sugar

1 tablespoon 1% milk

1/4 teaspoon ground allspice

1/4 teaspoon ground cinnamon

Serves 1

Let's Cook!

- 1 Combine all ingredients together in a bowl and reheat if needed.

Nutrition Facts

Serving Size (143g)

Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 44g 15%

Dietary Fiber 7g 28%

Sugars 16g

Protein 8g

Vitamin A 180% • Vitamin C 0%

Calcium 6% • Iron 4%

