

## Healthy Recipe

# GET HEALTHY, STAY HEALTHY

## Pumpkin Pie Oatmeal

**Makes 1 serving**   **Prep time** 30 seconds   **Total time** 1 minutes 30 seconds

### Ingredient

- 1 tablespoon ground cinnamon
- 2 teaspoons ground ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground mace
- 1/2 teaspoon ground nutmeg
- ½ cup Quaker quick cooking oats
- ¼-1/2 cup pumpkin puree – depending on desired consistency
- 1 cup water
- 1 tsp brown sugar



### Preparation

1. Measure: Measure out all ingredients in the order listed (to ensure you don't double up or leave one out) into a small bowl.
2. Mix: Whisk or stir to combine
3. Take 1/2 cup oatmeal: 1 cup water, pumpkin puree and 1 tsp mixture and mix it up!
4. Pop in microwave for 1 minute 30 seconds
5. Top with brown sugar for some sweetness

### Tips

For added protein you can use fat free milk in place of the water and can top it with walnuts For Heart healthy fat