

[PUMPKIN OATMEAL RECIPE](#)



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Pumpkin Oatmeal Recipe Aarti Sequeira Food Network

In large saucepan over high heat, combine the pumpkin puree, water, milk, raisins, salt, and pumpkin pie spice (alternative spices). Bring to a boil. Add the oatmeal.

<http://ebookslibrary.club/Pumpkin-Oatmeal-Recipe-Aarti-Sequeira-Food-Network.pdf>

Pumpkin Oatmeal Recipe Allrecipes com

Step 1, Mix together oats and milk in a microwave-safe bowl. Cook on high for 1 to 2 minutes, stirring once. Add more milk or oats to achieve the desired consistency, and cook for another 30 seconds. Stir in pumpkin puree, pumpkin pie spice, and cinnamon sugar. Heat through, and serve.

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Low Fat Pumpkin Oatmeal Recipe thespruceeats com

Pumpkin oatmeal packs a powerful low-fat nutritional punch. It's like eating pumpkin pie for breakfast but so much better for you.

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Pumpkin Oatmeal Recipe Allrecipes com

This oatmeal recipe has the flavors of soy milk, pumpkin, cinnamon, walnuts, and honey. This is a comforting way to start your morning. Made with protein-rich soy milk and topped with walnuts, it's a superfoods tour-de-force that will fill you up and satisfy that morning sweets craving. Note: this recipe is for a single serving. For a milder flavor sub in clover honey for the avocado honey.

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Pumpkin Oatmeal House of Yumm

How to make Pumpkin Oatmeal in the Microwave. Some mornings are slightly more rushed than others, and in that case, this oatmeal recipe can absolutely be made in the microwave. Add the milk and oats to a microwave safe bowl. Cook on high for about 2 minutes, or until the oats are softened.

<http://ebookslibrary.club/Pumpkin-Oatmeal-House-of-Yumm.pdf>

Pumpkin Pie Oatmeal with Vanilla Whipped Cream

With all the flavors of pumpkin pie stirred into a creamy bowl of oatmeal, this quick and easy Pumpkin Pie Oatmeal is our favorite fall oatmeal.

<http://ebookslibrary.club/Pumpkin-Pie-Oatmeal-with-Vanilla-Whipped-Cream-.pdf>

Pumpkin Oatmeal Pancakes THM E THM E The Wholesome

Pumpkin Oatmeal Pancakes are an easy, delicious and healthy breakfast idea for fall. Serve them with Greek yogurt to dip in the kids will love it! This recipe is Trim Healthy Mama friendly (THM E). The pancakes are low fat, gluten free (if using certified gluten free oats), refined flour free and sugar free.

<http://ebookslibrary.club/Pumpkin-Oatmeal-Pancakes-THM-E-THM-E-The-Wholesome-.pdf>

Pumpkin Baked Oatmeal Minimalist Baker Recipes

Perfect baked oatmeal with pumpkin puree, warm spices and maple syrup, studded with pecans and cranberries. Made in just 1 bowl with 10 ingredients.

<http://ebookslibrary.club/Pumpkin-Baked-Oatmeal-Minimalist-Baker-Recipes.pdf>

Pumpkin Oatmeal Recipe thefinelinemag com

Especially in the fall and winter, we find it a cozy way to start the day. And we love to bake a little sugar pumpkin and puree it for soup saving a bit for breakfast. Sprinkle in some cinnamon, ginger, clove, nutmeg or just toss in premixed pumpkin pie spice and you start your day with a high-fiber, anti-inflammatory treat.

<http://ebookslibrary.club/Pumpkin-Oatmeal-Recipe-thefinelinemag-com.pdf>

Pumpkin Pie Oatmeal Recipe Taste of Home

I was so hungry for pumpkin--this was so delicious! I used regular milk instead of soy; and added applesauce

and raisins. Thank you, Amber, for sharing this recipe.

<http://ebookslibrary.club/Pumpkin-Pie-Oatmeal-Recipe-Taste-of-Home.pdf>

Pumpkin Oatmeal Recipe Low cholesterol Genius Kitchen

This is a nice way to sneak some fiber into your diet and also have a healthy breakfast. I do not make this oatmeal too sweet, but you could adjust the sugar/splenda amounts if you prefer sweeter oatmeals. This would be great with some chopped walnuts or pecans also.

<http://ebookslibrary.club/Pumpkin-Oatmeal-Recipe-Low-cholesterol-Genius-Kitchen.pdf>

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