

Baked Pumpkin Oatmeal

Makes 6 servings



Ingredients

- 2 cups old fashioned oats
- 1 cup canned pumpkin puree
- 2 large eggs, beaten
- 1 1/2 cups almond milk, unsweetened
- 1/4 cup pure maple syrup
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice
- 1 tsp baking powder

Preheat your oven to 375°F.

Spray a 9 x 9 baking dish with non-stick spray.

In a large bowl combine all ingredients and mix together well.

Transfer into the baking dish.

Bake for 30-40 minutes until golden brown on top.

Enjoy!

Nutrition Facts Per Serving (1 square)

Calories 197
Carbohydrates 33 g
Protein 6 g
Total Fat 4 g
Phosphorus 189 mg
Potassium 283 mg
Sodium 143 mg

