

Pumpkin oatmeal



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

5 minutes preparation; 5-10 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 3 cups water
- 1 teaspoon pumpkin pie spice
- (see “Tips and Variations” section for homemade version)
- 1/4 teaspoon salt
- 2 cups quick or old-fashioned oatmeal
- 1 cup canned pumpkin
- 1/3 cup brown sugar, firmly packed
- 1 cup vanilla yogurt
- Milk (for serving)

Directions

1. In a medium saucepan, bring water, pumpkin pie spice, and salt to a boil.
2. Stir in oats. Return to a boil and reduce heat to medium. Cook 1 minute for quick oats or 5 minutes for old-fashioned oats. Most of the liquid should be absorbed. Stir occasionally.
3. Stir in the pumpkin and brown sugar. Cook 1 minute. Let stand until it is the desired thickness.
4. Spoon oatmeal into four cereal bowls. Top with yogurt. Serve with milk if preferred.

Tips and variations

- Make your own pumpkin pie spice mix. Mix together the following spices and store it in an airtight container.
 - 1 tablespoon ground cinnamon
 - 1 teaspoon ground nutmeg
 - 1 teaspoon ground ginger
 - 3/4 teaspoon ground allspice
- If there is leftover pumpkin, freeze it for the next time you make pumpkin oatmeal.

- If you have leftover oatmeal, layer it with yogurt and fruit to make an easy parfait.

Nutritional info

Calories

268

Total fat

3.7 g

Saturated fat

1.1 g

Cholesterol

3.1 mg

Sodium

194 mg

Total carbohydrates

52.7 g

Dietary fiber

5.6 g

Protein

9.2 g

Total sugar

22.7 g

Allergens

Dairy

Wheat

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