Spiced Pumpkin Oatmeal

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD, and Robyn Webb

Serve this warm breakfast staple with nondairy milk. For a special treat, try pumpkin spice flavored soy milk.

About the Recipe

274 Calories · 6.5 g Protein · 8.2 g Fiber
Breakfast

Oats are rich in soluble fiber, which can help lower your cholesterol.

Ingredients

Makes 4 Servings

- 2 c (162 g) rolled oats
- 4 c (950 mL) water
- 1/3 c (53 g) raisins
- 1/4 c (40 g) dried cranberries
- 1 c (240 mL) canned pumpkin
- 2 tbsp (30 mL) agave nectar
- 4 tsp (20 mL) ground cinnamon
- 1/2 tsp (2.5 mL) ground nutmeg
- 1/2 tsp (2.5 mL) ground ginger
- 1/2 tsp (2.5 mL) vanilla extract

Directions

1. Combine all ingredients in saucepan. Cook over medium heat until liquid is mostly absorbed, stirring occasionally.

Nutrition Facts

Per serving

Calories: 274
Fat: 3.1 g
- **Saturated Fat:** 0.6 g
- **Calories from fat:** 9.6%

Cholesterol: 0 mg
Protein: 6.5 g
Carbohydrate: 58.4 g
Sugar: 20.7
Fiber: 8.2 g
Sodium: 28 mg
Calcium: 105 mg
Iron: 3.6 mg
Vitamin C: 3 mg
Beta-Carotene: 4,254 mcg
Vitamin E: 1 mg