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

- old-fashioned oats (2 cups)
- water (4 cups)
- raisins (1/3 cup)
- dried cranberries (1/4 cup)
- canned pumpkin (1 cup)
- agave nectar (2 tbsp.)
- ground cinnamon (4 tsp.)
- ground nutmeg (1/2 tsp.)
- ground ginger (1/2 tsp.)
- vanilla extract (1/2 tsp.)

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