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 with 4 cups (950 mL) of water 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