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