

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