



Serve topped with a dollop of Greek yogurt for a little extra protein

PUMPKIN BAKED OATMEAL

INGREDIENTS

- 2 cups rolled oats
- 2 tsp pumpkin pie spice
- 1 tsp baking powder
- 1/4 tsp salt
- 1 1/4 cups milk
- 1 cup canned pumpkin puree
- 2 large eggs
- 1/3 cup honey or maple syrup
- 2 tsp vanilla
- chocolate chips, chopped pecans & pumpkins seeds, optional

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Grease an 8x8 baking dish.
3. In a medium bowl, combine oats, pumpkin pie spice, baking powder, and salt. Mix to combine.
4. Add milk, pumpkin puree, eggs, honey/maple syrup and vanilla to bowl. Stir to combine.
5. Spread into the prepared baking dish. Top with chocolate chips, nuts and seeds, if desired.
6. Bake for 30-35 minutes until middle is set and the top is golden brown.
7. Let cool for 5 minutes before slicing and serving.



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