

PUMPKIN PORRIDGE



INGREDIENTS:

- 1/3 cup oatmeal (~30 g)
- 1/2 cup pumpkin puree
- 1/2 cup egg whites
- 1/2 cup 2% filtered milk or pea milk
- 1/4 tsp pumpkin spice
- 1 tbsp monk fruit

Toppings:

- 2 tbsp pumpkin seeds (15 g)
- 1/2 cup fresh cranberries or 1 tbsp dried cranberries
- sprinkle of pumpkin spice

DIRECTIONS:

VEGETARIAN

Stove top directions:

1. Place all ingredients in a small pot
2. Cook on medium heat for 5-7 minutes, stirring occasionally to prevent boiling over
3. Oats are cooked once the mixture thickens
4. Top with toppings

Microwave directions:

1. Place all ingredients in a microwave safe bowl
2. Cook in the microwave in 30 second intervals for a total of ~2:30 minutes. Between intervals, remove from microwave and stir to ensure egg whites cook into the oats
3. Oats are cooked once the mixture thickens
4. Top with toppings

Enjoy!

Makes 1 Serving

Calories: 362 | Protein: 28 g | Carb: 37 g | Fat: 12 g | Fiber: 7 g