

# 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***

- 2 c (162 g) rolled oats
- 4 c (950 mL) water
- 1/3 c (53 g) raisins
- 1/4 c (40 g) dried cranberries
- 1 c (240 mL) canned pumpkin
- 2 tbsp (30 mL) agave nectar
- 4 tsp (20 mL) ground cinnamon
- 1/2 tsp (2.5 mL) ground nutmeg
- 1/2 tsp (2.5 mL) ground ginger
- 1/2 tsp (2.5 mL) vanilla extract

## Directions

1. Combine all ingredients 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