



JUNIOR'S PUMPKIN PIE OATMEAL *Recipe*

INGREDIENTS

- 2 cups 1-minute oats
- 1¼ cup almond milk
- ¾ cup canned pumpkin
- 1 tablespoon light-brown sugar
- 2 teaspoon pumpkin pie spice
- Optional: Walnuts or Pecans

INSTRUCTIONS

- In a microwave safe bowl, stir all of the together all of the ingredients except for the optional ingredients.
- Microwave on high for approximately 2 minutes.
- Allow to rest for 1-2 minutes.
- Top with walnuts or pecans if desired.
- Enjoy!

(SAFETY: Please remember that it's important to always work under adult supervision)