

BAKED PUMPKIN OATMEAL

 4 portions

INGREDIENTS

- 256 grams of quaker Old Fashioned Oats
- 1.3 cups of beverages, almond milk, sweetened, vanilla flavor, ready-to-drink [312 g]
- 128 grams of libby's Pumpkin Pie Mix, Canned
- 1/2 tsp of leavening agents, baking powder, low-sodium [3 g]
- 1.5 tsps of spices, pumpkin pie spice [3 g]
- 1 tsp of vanilla extract [4 g]
- 1 tbsp, whole of seeds, flaxseed [10 g]
- 50 grams of simple Truth Organic Maple Syrup
- 1/2 tsp of salt, table [3 g]
- 1/4 cup, chopped of nuts, pecans [27 g]
- 1/4 cup of cheese spread, cream cheese base [60 g]
- 28 grams of simple Truth Organic Maple Syrup
- 1/4 tsp of spices, cinnamon, ground [1 g]

COOKING METHOD

- 1° Preheat the oven to 350 degrees
- 2° Grind the flaxseed and mix with 2.5 tbsp. of water in a small bowl and set aside
- 3° Combine all other ingredients in a mixing bowl aside from the cream cheese, 2 tbsp. of maple syrup, and cinnamon
- 4° Once the flax has thickened, add to the mixing bowl and combine
- 5° Pour the oatmeal into an 8x8 dish
- 6° Bake for 35 minuets
- 7° Whisk together the cream cheese, 2 tbsp. of maple syrup, and cinnamon in a seperate bowl and then spread over the top of the oatmeal once its fully cooked!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (221 g)	% DRI
ENERGY	243 kcal	538 kcal	27 %
FAT	7 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	6 mg	14 mg	5 %
SODIUM	204 mg	451 mg	19 %
CARBOHYDRATE	41 g	91 g	30 %
SUGARS	21 g	46 g	—
FIBER	4 g	8 g	33 %
PROTEIN	5 g	11 g	—