



pumpkin spiced baked oatmeal

INGREDIENTS

1 can pumpkin

1 egg

1/2 c milk

1/4 c maple syrup

*Option to add 1/2 c each of dried fruit or nuts, I used cranberries and pecans here

1 tsp vanilla extract

2 tsp baking soda

3 c raw oats

1 TBS pumpkin spice blend

INSTRUCTIONS

Combine all ingredients and bake in an oiled 9x9 casserole dish for 45min at 350F.