

MAKE A GREAT PLATE.

It's time to welcome the warm flavors of fall.

Pumpkin Spice Oatmeal Cups

INGREDIENTS

2 cups rolled oats

1 cup canned pumpkin

1 tbsp pumpkin pie spice mix

1 cup 1% milk

1 egg

¼ cup honey

1 tsp baking powder

¼ tsp salt



DIRECTIONS

Preheat oven to 350°F. **Line** muffin tin with paper or silicone cups. **In** a large bowl, blend oats, pumpkin, spice mix, milk, egg, honey, baking powder and salt. **Mix** well. **Fill** each muffin cup $\frac{3}{4}$ full. **Bake** 30 minutes, until the tops are set. **Cool** and serve.

Makes 12 Servings. Each: 93 calories • 3g protein • 2g total fat • 17g carb • 8g sugar • 2g fiber • 105mg sodium