

Healthier Lifestyles - with Coach Linda

www.coachlindajohnson.com

PUMPKIN PIE OATMEAL

(THM E)

The yummy flavor of a Pumpkin Pie in your oatmeal is a delicious way to start your day. You'll feel a bit like you are having a dessert when you have this nourishing meal. You can add your protein right in for an all-in-one bowl kind of meal.

Ingredients

- ½ c. Old Fashioned Rolled Oats
- ½ - 1 c. Water
- ½ c. Almond Milk
- ½ c. Shredded and/or Chopped Yellow Squash
- ¼ c. Pumpkin Puree
- 2 ½ tsp. Super Sweet Blend or 4-5 tsp Gentle Sweet
- ½ tsp. Pumpkin Pie Spice
- ¼ tsp. Maple Extract or Vanilla Extract
- Pinch or 2 of salt

Instructions

1. Stir together in a pan and cook oatmeal as directed on the container.
2. Remove from heat and stir in:
 - ½ scoop Whey Protein Powder and 1 scoop Collagen