



Pumpkin Pie Oatmeal

Ingredients:

- 2 oz. water
- 1 pkg Diet Right Oatmeal (any flavor)
- ½ cup roasted and pureed chayote squash
- 1 tsp pumpkin pie spice
- ½ tsp pumpkin pie extract or emulsion

Directions:

1. Combine all above ingredients in a small saucepan.
2. Cook over low heat until oatmeal bubbles.
3. Remove from heat and top with a splash of 2% or better milk (or unsweetened almond milk).
4. Add a sprinkle of pumpkin pie spice or maybe a splash of Walden Farms Syrup.

Servings: makes 1 serving.

Each serving = 1 protein product, ½ select vegetables.

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