



PUMPKIN BAKED OATMEAL

October 26

National Pumpkin Day

INGREDIENTS

- 2 Cups Rolled Oats
- 2 Teaspoons Pumpkin Spice
- 1 Teaspoon Baking Powder
- ¼ Teaspoon Salt
- 1 Cup Pumpkin Puree
- 1¼ Cup Milk
- 2 Large Eggs
- 2 Teaspoons Vanilla
- ⅓ Cup Maple Syrup

DIRECTIONS

1. Preheat the oven to 375°. Grease an 8×8 baking dish with oil.
2. In a medium bowl, combine oats, pumpkin pie spice, baking powder, and salt. Mix to combine.
3. Add pumpkin puree, milk, eggs, vanilla, and maple syrup to bowl. Stir to combine.
4. Spread into the prepared baking dish. Bake for 30-35 minutes. Oatmeal is done baking when it is puffed up on the edges, set in the middle and top is golden.
5. Cut into 9 even pieces.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

9 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Piece	½ Piece	1 Piece	2 Pieces