

PUMPKIN OATMEAL

SERVES 4-5*

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4 cups water

1 cup steel cut oats

¼ teaspoon sea salt

optional: additional drizzle of milk such as almond milk or raw milk

½ - 1 cup pumpkin puree

1 teaspoon ground cinnamon

¼ teaspoon ground ginger

1/8 teaspoon ground nutmeg

toppings can include: fresh pear or pomegranate seeds, sautéed apples, granola, maple syrup, maple sugar, pecans, sliced almonds or walnuts, bananas, mini-chocolate chips

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1. For overnight oats: Bring water to a boil in a medium saucepan. Add oats and salt. Cook for 1 minute. Remove from heat and cover. Let stand overnight. The next morning, reheat over medium heat, stirring in some milk (I usually use about 1/4 -1/3 cup) if desired for extra creaminess.
2. If making in the morning, cook oats in water with salt until tender, usually about 35 minutes. Add enough milk to achieve desired creaminess.
3. Add pumpkin puree and spices to oatmeal and heat through. Serve with optional toppings.

*To make 6 servings, increase water to 6 cups and oats to 1 ½ cups.