

Pumpkin-Apple Quick Oatmeal

Ingredients

1 1/3 cups water
2/3 cup apple juice, unsweetened
1/2 cup canned pumpkin
1/3 cup snipped dried apples
1 1/4 cups quick-cooking rolled oats
1 tablespoon packed brown sugar
(to lower sugar leave out or use less)
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup plain fat-free yogurt
Ground cinnamon (optional)
Honey (optional)
Pumpkin seeds (pepitas) (optional)

Directions: In a medium saucepan combine the water, apple juice, pumpkin, and dried apples. Bring to boiling. Meanwhile, in a small bowl stir together oats, brown sugar, 1 teaspoon cinnamon, and nutmeg. Stir oat mixture into boiling pumpkin mixture. Cook for 1 minute, stirring occasionally. Divide into four bowls and top each serving with yogurt and, if desired, additional cinnamon, honey, and pumpkin seeds.

Makes: 4 servings

Serving Size: 3/4 cup oatmeal and 2 tablespoons yogurt each

Nutrition Facts

Per serving:

- 168 kcal cal
- 2 g fat
- 0 g sat. fat
- 1 g polyunsaturated fat,
- 1 g monounsaturated fat
- 1 mg cholesterol
- 30 mg sodium,
- 35 g carbohydrates
- 4 g fiber
- 15 g sugar
- 5 g pro.
- Percent Daily Values are based on a 2,000 calorie diet