

## PUMPKIN PIE OATMEAL



### INGREDIENTS

¼ cup old fashioned oats (GFree)

¾-1 cup water

½ cup canned organic pumpkin

½ cup applesauce

½ tsp pumpkin pie spice

1 Tbs flax meal

Stevia or maple syrup to sweeten

Top with:

Raisins

Chopped walnuts

Place the first five ingredients (oats through pumpkin pie spice) into a pot and bring to a boil. Once boiling, drop the temp to med-low and simmer until the mixture thickens (5-10 minutes).

Turn off the heat, add the flax meal, stir to incorporate, and allow the mixture to sit for a few minutes to thicken further.

Sweeten to taste and top with raisins, walnuts, and maybe a drizzle of maple syrup.