



Pumpkin Pecan Oatmeal

Number of servings: 3

Serving Size: 1 cup

Equipment:

Rice Cooker

Ingredients:

- 1 cup old fashioned oats
- ¼ cup packed brown sugar
- 1 teaspoon pumpkin pie spice
- pinch of salt
- 1 cup 2% milk
- ½ cup canned pumpkin
- 1 egg
- 3 Tablespoons chopped pecans

Directions:

Combine oats, brown sugar, pumpkin pie spice and pinch of salt in rice cooker. Whisk milk, pumpkin and egg in small bowl. Pour over oat mixture; stir to combine. Cover and press down “on” button.

Button will click up to the “warm” setting when oats are done, about 20 minutes. Unplug cooker. Serve topped with pecans and an extra splash of milk, if desired.

Cost per recipe: \$4.37

Cost per serving: \$1.46

MyPlate servings: 1 serving of grain, ¼ serving of vegetable, ¼ serving of dairy, 1 serving of protein

Nutrition Facts

Serving Size 3

Serving Per Container 1

Amount Per Serving

Calories 268

% Daily Values*

Total Fat 11g		17%
Saturated Fat 2g		10%
Trans Fat 0g		
Polyunsaturated Fat 3g		
Monounsaturated Fat 5g		
Cholesterol 66mg		22%
Potassium 375mg		11%
Sodium 180mg		8%
Total Carbohydrate 35g		12%
Dietary Fiber 4g		16%
Sugars 15g		
Protein 10g		20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>