



WESTERN WISCONSIN HEALTH

APPLE PUMPKIN OATMEAL

- 1/3 C. oats
- 1 C. water
- 1/3 C. almond milk
- 1 tsp. vanilla extract
- 1/2 banana, thinly sliced
- 1/3 C. pumpkin puree
- 1/4 C. apple, chopped
- 1 T. peanut butter Cinnamon

Nutrition Facts

Serving Size (291g)
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 28g **9%**

Dietary Fiber 5g **20%**

Sugars 11g

Protein 5g

Vitamin A 100% • Vitamin C 8%

Calcium 2% • Iron 6%

*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 |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Combine oats, vanilla, water, and almond milk in a small saucepan. Heat this over medium heat for a few minutes, until the liquid starts to boil. Using a fork, whisk the banana into the oats. Once the banana is smooth (or maybe with few lumps), add the pumpkin. Give it a stir and cook until most of the liquid has been absorbed and oats reach desired consistency. Pour oats into a bowl, top with cinnamon, apples and peanut butter.

NUTRITION FACTS: Serving size: 1/2 cups per serving, 2 servings