



Because no student **FEED-A-BULL** Should go hungry

Pumpkin Spice Oatmeal

Prep Time: 3 Min.

Total Time: 6 Min.

Ingredients:

- $\frac{3}{4}$ cup of milk
- $\frac{1}{2}$ cup of oats
- $\frac{1}{4}$ cup of canned pumpkin pureed
- 1 tbsp of maple syrup

Instructions:

- Mix oats and milk in a large microwave safe bowl
- Microwave on high for 2 minutes
- Remove the bowl from the microwave and stir in the pumpkin puree and maple syrup

Tip: Add 1/8 tsp of cinnamon and 1/8 tsp of nutmeg for a richer Fall taste