

Pumpkin Oatmeal with Blueberry Sauce

Servings: 4

Prep Time: 10 min

Cook Time: 25 min



INGREDIENTS

- 1 cup water
- 3 cups unsweetened almond milk
- 1 cup pumpkin purée
- 1 cup quick rolled oats
- 6 tablespoons maple syrup, divided
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 tablespoons butter
- 2 cups fresh or frozen blueberries

INSTRUCTIONS

- 1 In a saucepan, bring 1 cup water to boil over medium-high heat. Reduce heat to medium; stir in almond milk and pumpkin purée.
- 2 Bring to a simmer; stir in oats, 2 tablespoons of maple syrup, cinnamon, and salt. Cook, stirring occasionally, for 3 to 5 minutes or until tender.
- 3 Meanwhile, melt butter in a large skillet set over medium heat; cook blueberries and remaining maple syrup for 3 to 5 minutes or until blueberries are warm and softened.
- 4 Divide oatmeal among 4 bowls; spoon blueberry mixture over the top.

Variations

- Substitute any preferred milk alternative for almond milk; water will also work.
- Substitute honey for maple syrup if desired.

Notes

- Nutritional analysis used fresh blueberries.



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boost of
blue