

# Total Home Makeover

V I N T A G E & H A N D M A D E

Directions: Print onto cardstock.



PUMPKIN SPICE OATMEAL

Servings: 3      Calories: 106

Ingredients:

- 1 ¾ cup filtered water
- 1/8 tsp. salt
- 1 cup dry organic oats
- 2 tbsp. organic pumpkin puree
- ¼ tsp. pumpkin pie spice

Directions:

In saucepan, bring water and salt to boil. Stir in remaining ingredients and simmer for 5 minutes until soft and creamy.

ORGANIC TOPPING IDEAS (added calories):

- 1 pinch nutmeg
- 1 tsp. brown sugar (15 calories)
- ¼ cup almond milk\* (10 calories)
- ½ tbsp. pumpkin seeds or almonds (26-28 calories)

\*Check ingredient list and avoid brands with carrageenan or make homemade.

