

Pumpkin Pie Oat Porridge

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medium saucepan
measuring cups and spoons
heatproof stirring spoon
4 serving bowls
chopping board and knife

Do this

with these **ingredients**

1. To the saucepan, **add**

1 cup **traditional rolled oats**
1 cup **milk of choice**
1 cup **water**
1 cup **cooked and mashed pumpkin**
1 TBS **raw honey or pure maple syrup**
1 – 2 teaspoons **pumpkin pie spice or cinnamon**
1 tsp **vanilla extract**
pinch **unrefined salt**

2. While stirring, **simmer** over a medium heat until it reaches your desired consistency.

3. **Serve** topped with

chopped nuts of choice
sprinkle of extra **pumpkin pie spice or cinnamon**
drizzle of extra **honey or maple syrup**

