



Autumn Harvest Bowl



SERVINGS

2



COOKING TIME

10 min

Savor the flavors of fall with this autumn harvest bowl, featuring a vibrant assortment of seasonal flavors.

Ingredients

- 1 apple, cored and diced (about 1/2"-1" cubes)
- 1 tbsp butter
- 2 tsp cinnamon
- 1/8 tsp salt
- 1 3/4 cups water
- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup canned pumpkin puree
- 1/2 tsp vanilla extract
- 2 tsp brown sugar
- 1/4 cup pecans
- 2 tbsp dried cranberries
- 2 tsp pure maple syrup

Cooking Instructions

1. Add apples and butter to a medium sauté pan and heat over medium heat until butter is melted.
2. Add 1 tsp cinnamon and a pinch of salt and stir to coat apples.
3. Cover and reduce heat to low.
4. Cook for 5-7 minutes or until apples are slightly browned and soft.
5. In a medium saucepan boil water and add oats.
6. Stir and cook for 1 minute.
7. Add pumpkin puree, vanilla, brown sugar, and 1 tsp cinnamon and stir to combine.
8. Cook for another 3-4 minutes.

9. Divide oatmeal among 2 bowls and top with sautéed apples, pecans, and cranberries.
10. Drizzle with maple syrup. Enjoy!