



# Turmeric Pumpkin Oatmeal with Fresh Pomegranate & Pumpkin Seeds



**SERVINGS**

1



**COOKING TIME**

10 min

When winter and fall roll around, Turmeric Pumpkin Oatmeal with Fresh Pomegranate & Pumpkin Seeds is perfect for breakfast or brunch. Not only is this recipe sweet but with cinnamon and turmeric there is a dash of spice. When all the ingredients come together this bowl of oatmeal is full of color and flavor.

## Ingredients

- 1 cup water
- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/4 cup canned pumpkin puree
- 1/2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1 tbsp pure maple syrup
- 1 tbsp fresh pomegranate seeds
- 1 tbsp pumpkin seeds

## Cooking Instructions

1. Bring water to a boil in a medium saucepan.
2. Stir in oats and reduce heat to low.
3. Simmer uncovered over low heat, about 5 minutes, stirring occasionally.
4. Add pumpkin puree, turmeric, cinnamon and maple syrup and stir to combine.
5. Transfer to a bowl and top with pomegranate and pumpkin seeds.