



## Pumpkin Baked Oatmeal with Peanut Butter Drizzle

**QUAKER**

Servings: 4 | Prep Time: 10 minutes | Cook Time: 50 Minutes

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Brought to you by  
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### Ingredients

- 2 cups Quaker® oats
- ¼ cup chopped pecans
- 1 ½ teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon kosher salt
- 1 ½ cups nonfat milk
- ⅔ cup pumpkin puree
- ½ cup liquid egg substitute
- 3 tablespoons maple syrup
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract
- 2 tablespoons peanut butter



### Preparation

1. Preheat oven to 375° F. Coat a 9-inch pie plate with cooking spray and set aside.
2. Combine oats, pecans, pumpkin pie spice, baking powder, cinnamon, and salt, in a large bowl; stir. Whisk together milk, pumpkin puree, liquid egg substitute, maple syrup, canola oil, and vanilla extract in a separate bowl. Add milk mixture to oat mixture, stirring to combine. Pour mixture into prepared pie plate.
3. Bake on a cookie sheet for 40 minutes, covering the top with foil during the last 5 minutes to keep it from getting too brown.
4. Cool on a baking rack for at least 10 minutes.
5. Place peanut butter in a small microwave-safe bowl, and microwave 10 seconds or until melted.
6. Cut oatmeal into wedges, and drizzle with peanut butter.

### NUTRITION FACTS (PER SERVING):

420 calories, 19 g fat, 2 g sat fat, less than 5 mg cholesterol, 560 mg sodium, 50 g total carb, 7 g fiber, 17 g sugar, 15 g protein, 20% DV calcium, 8% DV vitamin D, 2% DV vitamin C, 45% DV vitamin A, 10% DV potassium, 20% DV iron, 25% DV thiamin, 25% DV magnesium, 10 g added sugar

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