



Breakfast Recipes

Pumpkin Steel-Cut Oats (Crockpot Recipe)

Ingredients:

- 1 cup Steel-cut oats, uncooked
- 4 cups water
- ½ cup almond milk
- ½ cup 100% pumpkin puree
- 2 T light brown sugar
- 1 tbsp Pecans for topping
- ½ teaspoon salt
- ½ teaspoon cinnamon
- Pinch ground cloves
- Pinch ground Allspice
- Pinch ground ginger
- Pinch nutmeg



Directions:

1. Spray inside of slow-cooker with non-stick cooking spray
2. Put all ingredients in the crockpot and close the lid
3. Cook on low for 8 hours
4. Place in a bowl and top with pecans
5. Enjoy!

Makes 3-4 servings (1 cup = 1 serving)

Nutrition Information:

Meal Plan Blocks:

1 serving, no pecans: 99 calories, 3 grams protein, 18 grams carbs, 2 grams fat

1 serving, with pecans: 108 calories, 3 grams of protein, 18 grams of carbs, 3 grams of fat

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