Baked Pumpkin Oatmeal

Ingredients:

2 cups uncooked rolled oats

1/4 cup brown sugar

1 teaspoon cinnamon

1/8 teaspoon nutmeg

1 teaspoon baking powder

1 cup skim milk

1 teaspoon vanilla extract

1 cup pureed pumpkin

1 tablespoon canola oil

1 egg, beaten

Directions:

- 1. Preheat oven to 375°F and spray a 1.5-quart baking dish with cooking spray.
- 2. In a large bowl, combine oats, brown sugar, cinnamon, nutmeg, and baking powder.
- 3. In a medium bowl, combine the milk, vanilla extract, pumpkin, oil, and egg.
- 4. Add the pumpkin mixture to the oat mixture; stir well. Pour oat mixture into baking dish and bake for 20 minutes. Serve warm.

Nutrition Facts Serving Size 1 cup (190g) Servings Per Container 4 Amount Per Serving

Calories 290	Calories	from Fat 70
		% Daily Value
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 180mg		8%
Total Carbohydrate 48g		16%
Dietary Fiber 7g		28%
Sugars 18g		
Protein 9g		

Vitamin A 150%	•	Vitamin C 2%
Calcium 10%	٠	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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