



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

BAKED PUMPKIN OATMEAL

INGREDIENTS:

2 Cup organic rolled oats
1 tsp Aluminum Free baking powder
1 1/2 tsp pumpkin pie spice
1/2 tsp cinnamon
1/2 tsp salt
1 TBS ground flax
1 1/2 C unsweetened almond milk
1 C pumpkin puree
1/4 C maple syrup
1 TBS oil opt. (use a neutral oil like avocado)
1 tsp vanilla
1/4 C chopped nuts-opt

DIRECTIONS:

- Preheat oven 375 degrees.
- Mix all ingredients in a bowl and then transfer to a baking dish. If it is a 9x13 dish, they will be thin, bake 30-35 min. If it is an approx 8" square dish, they will be thick, bake 40-50 min.
- Top with fruit, extra sweetener, milk, or nut butter



