

## Pumpkin Oatmeal



### Ingredients:

- 2 cups old-fashioned oats
- 3 cups skim milk
- 1/2 cup canned pumpkin (not pumpkin pie filling)
- 1/4 teaspoon pumpkin pie spice
- 1/8 teaspoon cinnamon
- 1 tablespoon golden raisins

### Instructions:

1. Bring milk to a boil in a medium saucepan.
2. Add oats. Reduce heat to medium. Cook five minutes.
3. Add pumpkin and spices and stir until heated through.
4. Add raisins. Serve.

Makes 4 servings.



**Tarrant County Public Health**  
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