



Weight Loss Done Right!

Pumpkin Pie Oatmeal

Ingredients:

- 60 ml water
- 1 packet Maple Oatmeal
- ½ cup of roasted or pureed chayote squash
- ½ tsp pumpkin pie extract or emulsion
- ½ tsp pumpkin pie spice

Directions:

1. In a small saucepan, combine all ingredients and cook over low heat until oatmeal bubbles.
2. Remove from heat and top with a splash of milk, a sprinkle of pumpkin pie spice, and maybe a splash of Walden Farms syrup!

Servings: Counts for 1 product and ½ cup of your daily select vegetables!