

Pear 'n Pistachio Growing Oatmeal

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/4 cup peeled and chopped pear
- 1 packet no-calorie sweetener
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp vanilla extract
- 1 pinch salt
- 3/4 cup fat-free milk
- 1/4 cup canned pure pumpkin
- 1/4 oz shelled pistachios (about 12), chopped

How to make it

1. In a nonstick pot, combine all ingredients except pumpkin and pistachios.
2. Mix in 1 ¼ cups water.
3. Bring to a boil and then reduce to a simmer.
4. Add pumpkin and cook and stir until thick and creamy, 12-15 minutes.
5. Transfer to a medium bowl and let slightly cool and thicken.
6. Top with chopped pistachios!



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	15 min	20 min	1

Made with



Quaker® Oats-Old Fashioned