

# Pumpkin Baked Oatmeal with Apples & Pecans



## Ingredients

- 3 cups Quaker® Oats-Old Fashioned
- 1 tsp pumpkin pie spice
- 1/2 tsp baking powder
- 1 can (15 oz) pumpkin puree
- 1/2 cup nonfat milk
- 1/2 cup water
- 3 tbsp maple syrup
- 1 egg, beaten, or 2 egg whites
- 1 tsp vanilla extract
- 1 cup chopped apples
- 1/3 cup chopped pecans

## How to make it

1. Heat oven to 350°F.
2. Spray 2-quart baking dish with nonstick cooking spray.
3. In large bowl, stir together oats, pumpkin pie spice and baking powder.
4. Stir in pumpkin, milk, water, syrup, egg and vanilla extract until well combined.
5. Stir in apples.
6. Pour into baking dish.
7. Sprinkle with pecans.
8. Bake 30 minutes or until knife inserted near center comes out clean.
9. Let stand 10 minutes before serving.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	30 min	45 min	8

## Made with



**Quaker® Oats-Old Fashioned**