

Turmeric Pumpkin Oatmeal with Fresh Pomegranate & Pumpkin Seeds



Ingredients

- 1 cup water
- 1/2 cup Quaker® Oats-Old Fashioned
- 1/4 cup canned pumpkin puree
- 1/2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1 tbsp pure maple syrup
- 1 tbsp fresh pomegranate seeds
- 1 tbsp pumpkin seeds

How to make it

1. Bring water to a boil in a medium saucepan.
2. Stir in oats and reduce heat to low.
3. Simmer uncovered over low heat, about 5 minutes, stirring occasionally.
4. Add pumpkin puree, turmeric, cinnamon and maple syrup and stir to combine.
5. Transfer to a bowl and top with pomegranate and pumpkin seeds.



PREP
TIME
5 min



COOK
TIME
10 min



TOTAL
TIME
15 min



SERVINGS
1

Made with



Quaker® Oats-Old Fashioned