



Pumpkin Pecan Oatmeal

Time to make Pumpkin Oatmeal! This recipe makes two tidy servings, you can cook it on your stove, in your microwave, or even turn it into cold pumpkin overnight oats in your refrigerator, and it is spiced just right.

Ingredients

1 cup rolled oats**
1 1/2 cups almond milk - or milk of choice or water or a mix
2 tablespoons pure maple syrup - plus additional to taste
1/2 teaspoon ground cinnamon*
1/4 teaspoon ground ginger*
1/8 teaspoon ground allspice*
1/8 teaspoon ground nutmeg*
1/2 cup pumpkin puree - NOT pumpkin pie filling

1/4 teaspoon kosher salt

1/2 cup Farm Fresh [Dry Roasted Georgia Pecans Unsalted](#)

TOPPINGS AND ADDITIONS:

Greek yogurt

Heavy cream

Toasted nuts or seeds - such as [almonds](#) or [pepitas](#)

Dried fruit - such as golden raisins or [Dried Cranberries](#)

Instructions

To Make Pumpkin Oatmeal on the Stovetop:

To a small/medium pot, add the oats and almond milk. Bring to a simmer over medium heat.

Once simmering, stir in the pumpkin, maple syrup, cinnamon, ginger, allspice, nutmeg, and salt.

Cook just until the oats are softened and pleasant to chew, but not mushy, about 2 minutes.

Taste and adjust spices as you see fit (be careful, a little goes a long way!).

Serve hot, topped with maple syrup, toasted pecans or pepitas, fresh fruit, or (if you are feeling decadent) a splash of heavy cream.

To Make Pumpkin Oatmeal in the Microwave:

To a large microwave-safe bowl (pick one larger than you think you need as the oats will bubble up), add the oats and almond milk. Microwave on high for 2 minutes or until oats are cooked through.

Remove the bowl from the microwave. Stir in the pumpkin, maple syrup, cinnamon, ginger, allspice, nutmeg, and salt. Adjust spices to taste and serve topped as desired.

To Make Overnight Pumpkin Oats:

Place the oats in a bowl or container with a tight fitting lid. Add the almond milk, pumpkin, maple syrup, cinnamon, ginger, allspice, nutmeg, and salt. Stir to combine.

Cover the container (if using a bowl, place a sheet of plastic wrap tightly over the top) and refrigerate for at least 8 hours or up to 4 days.

When ready to serve, give the oats a big stir. They will have absorbed most of the liquid. If you'd like them to be more liquidy, splash in extra almond milk or stir in yogurt. Adjust spices to taste and enjoy cold, topped as desired.