



# Baked Pumpkin Oatmeal

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: 1 (2.5x4-inch) rectangle or 2 muffins

## Ingredients

Nonstick cooking spray  
3 cups old-fashioned (rolled) oats  
½ cup packed brown sugar  
2 teaspoons pumpkin pie spice or ground cinnamon  
1 teaspoon baking powder  
½ teaspoon salt  
¾ cup canned pumpkin puree (about half of a 15-ounce can)  
3 eggs  
1½ cups low fat (1%) milk  
1 teaspoon vanilla extract

## Directions

1. Preheat the oven to 350°F.
2. Spray the inside of an 8x8-inch baking dish or 12-cup muffin tin with nonstick cooking spray. Set aside.
3. In a large mixing bowl, stir together the oats, brown sugar, pumpkin pie spice or cinnamon, baking powder, and salt.
4. Add the pumpkin and eggs. Stir until the egg yolks and whites are combined.
5. Add the milk and vanilla. Stir to combine.
6. Transfer the mixture to the prepared baking dish or divide between the muffin tin cups.
7. Bake until fully set, about 30-35 minutes in an 8x8-inch baking dish or 25-30 minutes in a 12-cup muffin tin. Center should be firm when tapped and not indent.
8. Let cool for 5 minutes before slicing or removing from the muffin tin, then serve warm or at room temperature.

## Recipe Notes

- Substitute your favorite unsweetened non-dairy milk (e.g. almond milk, soy milk), if desired.
- This baked oatmeal will keep in an airtight in the refrigerator for up to 7 days, or freezer for 6 months.
- If you cut the recipe in half, use 2 eggs. If making it in a baking dish, reduce the cook time by about 10 minutes.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 3.5 g | Saturated Fat: 1 g  
Sodium: 255 mg | Total Carbohydrate: 31.5 g | Dietary Fiber: 2.5 g | Protein: 8 g**

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