



Autumn Oatmeal

Serves 4 (about 1 cup each)

1 cup cooked Hubbard squash*
2 cups quick or old-fashioned oats
1½ cups fat-free milk

1 tsp. pumpkin pie spice

½ cup raisins

brown sugar, if desired**

In a microwave-safe bowl, mix together oats and milk. Microwave on high for 2-3 minutes until oats are cooked. Remove from microwave and stir in squash, pumpkin pie spice, and raisins, adding additional water or milk for desired consistency. Heat through; sweeten with brown sugar, if desired.

*other winter squash varieties will also work

**additional brown sugar no included in analysis

Per serving: 270 calories, 3.5 g fat, 9 g protein, 51 g carbohydrate, 7 g fiber, 5 mg sodium

This recipe is a Foot Steps to Health recipe and is 500 Club approved