



Pumpkin Pie Baked Oatmeal - Allons-y!

6 servings

45 minutes

Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/3 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/4 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 3/4 tsp Hemp Seeds
- 1/4 cup Pumpkin Seeds

Directions

- 1 Preheat oven to 375°F (191°C). Grease a baking dish with a little avocado or coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage, Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free, Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins, Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

No Pumpkin Spice, You can use 1/2 tablespoon cinnamon and 1/2 teaspoon nutmeg instead

Let's Accomodate!, You can omit the maple syrup in the recipe and instead, pour it over your slice like you would over a pancake. This way, everyone can adjust the sweetness to their own taste and needs.