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## **Pumpkin Oatmeal**

### **Ingredients:**

1/3 cup rolled oats  
1/3 cup milk  
2/3 cup water  
1 scoop vanilla protein powder  
1/4 cup canned pumpkin  
1/4 tsp cinnamon  
1/4 tsp pumpkin spice  
2 tbsp pecan halves

### **Directions:**

1. Cook oats, water, and milk according to package directions.
2. Stir in protein powder, canned pumpkin, cinnamon, and pumpkin spice until well mixed.
3. Top with pecan halves and serve.