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## **Good Gourd Oatmeal**

### **Ingredients:**

Steel-cut oats, 1 cup  
Low-fat milk, 1/2 cup  
Winter squash, pureed, 3/4 cup  
Dried cranberries, 1/3 cup  
Cinnamon, 1 tsp  
Nutmeg, 1/2 tsp  
Walnuts, 1/3 cup  
Pure maple syrup (optional), 8 tsp

### **Directions:**

1. Place the oats, a pinch of salt, and 3 cups water in a medium-sized saucepan. Bring it to a slight boil, then remove it from the heat and let it sit covered in the refrigerator overnight.
2. In the morning, add milk, squash puree, cranberries, cinnamon, and nutmeg to the pan. Heat over medium-low, stirring often, until the mixture is warmed through.
3. Serve in bowls and top with walnuts and maple syrup. Reheat leftovers in a pan with a few splashes of additional milk.