



## **Pumpkin Vanilla Oatmeal**

### **Ingredients**

Rolled oats 1/2 cup

Water 1 cup

Canned pumpkin 1/3 cup

Vanilla MET-Rx Ultramysosyn Whey protein powder 1/2 scoop

Pumpkin pie spice 1/2 tsp

Maple syrup 1 tsp (or sugar-free syrup)

Chopped pecans 1 tsp

Chopped raisins 1 tsp

### **Directions**

1. In a medium-sized, microwave-safe bowl, combine the oats and water. Pop them in the microwave for two minutes.
2. Remove oats from the microwave and stir in the canned pumpkin, protein powder, pumpkin pie spice, and maple syrup. Top with raisins and pecans. Enjoy!

### **Nutrition Facts**

Serving size: 1 bowl

Recipe yields 1 serving

Calories 298

Fat 9.4 g

Carbs 41.9 g

Protein 16.2 g