

Baked Pumpkin Oatmeal

Ingredients:

Canned pumpkin puree (NOT pumpkin pie "filling")	1 can (398 mL)
White sugar	1/3 cup
Egg	1
Pumpkin pie spice	1 tablespoon
Salt	½ teaspoon
Baking powder	¾ teaspoon
Milk	1½ cups
Quick oats	2½ cups
Raisins	½ cup



Directions:

1. Preheat the oven to 375°F.
2. In a large bowl, use a fork or whisk to mix together the pumpkin puree, sugar, egg, pumpkin pie spice, salt and baking powder until smooth. Whisk in milk.
3. Add the oats and raisins into the pumpkin mixture.
4. Grease an 9 x 13" baking dish (or rectangular casserole dish) with oil or margarine. Pour in the pumpkin oat mixture.
5. Bake in the oven for 35-40 minutes, or until the centre no longer looks wet and the edges are golden brown. Try topping the oatmeal with vanilla yogurt. Store leftovers in fridge.

Serves 6-8

Tips:

- Look for canned pumpkin in the baking aisle at the grocery store.
- You can make 1 tablespoon of pumpkin pie spice by mixing: 1½ tsp ground cinnamon, ¾ teaspoon ground ginger, ¼ teaspoon allspice and ¼ teaspoon ground nutmeg