

### Ingredients

#### 1 serving

½ cup quick oats  
 ½ cup plain canned pumpkin  
 ¾ cup vanilla soymilk\*  
 ½ tsp cinnamon or pumpkin pie spice  
 2 tsp raw sugar

#### optional\*\*

1 Tbsp. chopped nuts  
 1 Tbsp. chia seeds  
 1 Tbsp. ground flaxseed  
 1 scoop vanilla protein powder

### Directions

- 1) Put all ingredients into a microwave safe bowl.
- 2) Stir to combine and microwave for 1 ½ - 2 minutes.
- 3) Mix in optional ingredients if desired.
- 4) Enjoy!!



Pumpkin Porridge	
Amount	1 bowl
Calories	295
Fat (g)	6.5
Sat. Fat (g)	1
Carb. (g)	52
Fiber (g)	10
Protein (g)	12
Dairy & Gluten Free	

\*Substitute another type of milk (almond, cow's, coconut, etc.) for the soymilk if you prefer—just note that protein, fat content, and sweetness will vary.

\*\*Adding optional ingredients may thicken the oatmeal, add additional milk if desired.

#### For Sport Nutrition Questions, contact:

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### Cooking Tip

Pumpkin is a versatile food that can be enjoyed in sweet or savory dishes. De-seeding, slicing, and baking raw pumpkin can be time-consuming so canned pumpkin can often be used in its place. Plain canned pumpkin has comparable nutrient content to fresh pumpkin but is more convenient to use for those with busy schedules.

It can be used in muffin/bread recipes, for smoothies, in soups, in pasta sauces, or a variety of desserts.