



Punkin Pie Oats & Seeds Bowl



Fall is rolling in, and so are perennial favourite “pumpkin spice” treats. Here’s another one for your list, in the form of a healthy and satisfying breakfast!

Pumpkin is high in carotenoids, like beta-carotene, lutein, and zeaxanthin, great antioxidants for eye health. It’s also high in fibre, and coupled with gluten-free oats and chia seeds, you’ll be well on your way to reaching your daily quota. Boost the protein by adding a spoonful of sunflower seed butter or a half-serving of plain or vanilla protein powder. No “punkin pie” would be complete without a dollop of cream – so top with coconut yogourt for a creamy probiotic-rich boost (or coconut whipped cream for a weekend treat!).

Ingredients:

- ⅓ cup GF rolled oats (or 1 packet unsweetened “instant” oat cereal mix, such as Qia)
- Pinch cinnamon, to taste
- 1 Tbsp. sunflower seed butter OR ½ serving unflavoured or vanilla protein powder, optional
- 1 tsp. chia seeds (can omit if using Qia cereal)
- 2 Tbsp. canned organic pumpkin pie puree OR homemade pumpkin puree with pie spices (cinnamon, cloves, cardamom, etc.) to taste
- 2-3 Tbsp. plain or vanilla coconut or almond yogourt, optional
- 1 Tbsp. raw pumpkin seeds & another pinch cinnamon, optional, to garnish

Directions:

Pour cereal and cinnamon into a bowl. If using sunflower seed butter, add to the bowl as well.

Heat approx. ½ to ¾ cup water to just below boiling. Pour slowly into bowl and stir well. Stir in chia seeds and protein powder, if using (may need to add more water for consistency).

Add dollops of pumpkin and top with yogourt (or whipped cream), pumpkin seeds, and more cinnamon, if using.

Stir as desired and enjoy! Makes 1 serving.