

Giant Pumpkin Oatmeal

THM-Friendly: E

Oatmeal:

- 1/2 cup oatmeal, preferably sprouted
- 1 1/2 cups unsweetened nut milk
- 1/8 tsp. pumpkin pie spice
- a couple pinches of mineral salt
- 1/4 tsp. maple extract
- 1 tsp. THM Super Sweet
- 1/2 cup pure pumpkin puree



Toppings:

- 1 Tbsp. pecans, chopped
- 1 Tbsp. Swerve Brown
- on-plan maple syrup (I used RxSugar Syrup from Thrive Market), to your discretion.

For the oatmeal add everything, except the pumpkin, to a saucepan and cook on low for 10 minutes, stirring occasionally. When your oatmeal is nice and big put it in a bowl and add the pumpkin puree.

Add toppings, and drizzle with maple syrup to your desired preference.

enJOY!

