



# Pumpkin Oatmeal Breakfast Bowl

DrDarleneThomas.com

**SERVINGS:1**

**PREP TIME: 5 MIN**

**COOKING TIME: 5-7 MIN**

## Ingredients

1/2 cup rolled oats

1 cup almond milk (or any milk of your choice)

1/2 cup pure pumpkin puree

1 tsp ground cinnamon

1/2 tsp ground nutmeg

1 tbsp chia seeds

1 tbsp maple syrup (or sweetener of your choice)

**Optional: Toppings sliced banana, almonds, pumpkin seeds, or dried cranberries**



## Directions

- Heat the olive oil in a large pot. Add onion and garlic, sautéing until translucent.
- Add the pumpkin puree, vegetable broth, cumin, chili powder, salt, and pepper.
- Bring to a boil and then simmer for 20 minutes.
- Using an immersion blender, blend until smooth or leave it chunky depending on your preference.
- Stir in the coconut milk and heat throughly.
- Serve warm.