



## Pumpkin Spice Raisin Oats 'n Yogurt Bowl



Entire recipe: 244 calories, 1.5g total fat (<0.5g sat. fat), 230mg sodium, 35.5g carbs, 5.5g fiber, 16g sugars, 21.5g protein

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**Prep:** 5 minutes    **Cook:** 35 minutes

**Cool/Chill:** 55 minutes



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### Ingredients

2 tbsp. steel-cut oats  
Dash salt  
3/4 cup fat-free plain Greek yogurt  
1/4 cup canned pure pumpkin  
2 packets no-calorie sweetener (like Truvia)  
1/4 tsp. vanilla extract  
1/4 tsp. pumpkin pie spice  
1/8 tsp. cinnamon  
1 tbsp. raisins, chopped

### Directions

In a small pot, bring 3/4 cup water to a boil. Add oats and salt, and return to boil.

Reduce to a low simmer. Cover and cook for 30 minutes, or until thickened.

Let cool completely. Refrigerate until chilled, about 45 minutes.

In a medium bowl or jar, combine all remaining ingredients *except* raisins. Mix thoroughly.

Stir in chilled oats. Top with chopped raisins.

MAKES 1 SERVING

**HG Tip:** If you like to plan ahead, make a large batch of the plain oatmeal in advance. Just bring 5 cups of water to a boil in a medium-large pot. Add 1 cup steel-cut oats and 1/8 tsp. salt, and return to a boil. Reduce to a low simmer. Cover and cook for 1 hour, or until thickened. Makes 8 servings (about 1/2 cup each).

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