

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Gut-Friendly Pumpkin Pie Oatmeal

Individuals that suffer from gastrointestinal (GI) disorders often have trouble tolerating large amounts of insoluble fibre (think leafy greens and high fibre grains). Soluble fibre is usually well tolerated and can help manage GI symptoms like diarrhea.

<b>Recipe Name:</b>	Gut-Friendly Pumpkin Pie Oatmeal
<b>Recipe By:</b>	Adapted from The Kitchn by Antonia Harvey, P.Dt
<b>Short description of recipe:</b>	Both oats and pumpkin are high in soluble fibre and a common feature in fall cuisine. Try this easy oatmeal for a hearty breakfast that will keep your gut happy and your hunger at bay!
<b>Makes</b>	2-3 servings (depending on appetite)
<b>Ingredients:</b>	<div>½ tablespoon margarine ½ cup pumpkin puree 4 teaspoons brown sugar 1 teaspoon pumpkin pie spice ½ tsp vanilla extract 2 cups low-fat milk, at room temperature 1 cup large flake rolled oats (gluten-free if needed)</div>
<b>Instructions:</b>	<div>1. In a medium saucepan, melt the margarine over medium heat. Add the pumpkin puree and cook for one minute.</div> <div>2. Add the sugar, pumpkin pie spice, and vanilla extract and cook for 4 to 5 minutes, stirring occasionally with a wooden spoon.</div> <div>3. Pour the milk slowly into the saucepan. Whisking constantly, cook until the milk is steaming slightly. Add the oats and stir with the wooden spoon to combine.</div> <div>4. When the oats reach a low boil, turn the heat down to simmer and cook, stirring occasionally for about 10 minutes or until desired consistency is reached.</div> <div>5. Serve immediately or allow to cool and refrigerate for a quick breakfast. Reheat in the microwave and add more milk if needed.</div>