

# Pumpkin Oatmeal with Blueberry Sauce



Servings: **4**

Prep Time: **10 minutes**

Cook Time: **25 minutes**

## INGREDIENTS

- 1 cup water
- 3 cups unsweetened almond milk
- 1 cup pumpkin purée
- 1 cup quick rolled oats
- 6 tablespoons maple syrup, divided
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 tablespoons butter
- 2 cups fresh or frozen blueberries

## INSTRUCTIONS

- 1** In a saucepan, bring 1 cup water to boil over medium-high heat. Reduce heat to medium; stir in almond milk and pumpkin purée.
- 2** Bring to a simmer; stir in oats, 2 tablespoons of maple syrup, cinnamon, and salt. Cook, stirring occasionally, for 3 to 5 minutes or until tender.
- 3** Meanwhile, melt butter in a large skillet set over medium heat; cook blueberries and remaining maple syrup for 3 to 5 minutes or until blueberries are warm and softened.
- 4** Divide oatmeal among 4 bowls; spoon blueberry mixture over top.

## About This Recipe

If you're looking for cozy comfort in a bowl, look no further than Pumpkin Oatmeal with Blueberry Sauce. The pumpkin and cinnamon bring a creamy warmth to the dish, but the real secret ingredient is the boost of blue. Frozen blueberries sautéed with butter and maple syrup create a tasty, sweet-tart topping that will make your morning. It's a healthy breakfast that feels more like an indulgent treat.



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