

Snapped Up: Pumpkin Oatmeal Bowl



Breakfast or Brunch. Serves 4 or can be expanded to feed a neighborhood.

Next time you want a muffin for breakfast, try this high nutrition, low sugar alternative. It only takes one bowl to mix up and then bake for 20 minutes.

The results provides a solid mix of protein for your day as well as off the charts amounts of Vitamin A (from the pumpkin) and Manganese (from the oatmeal).

TIP: If you're out of eggs, ground flax seed can act as a binder in baked goods. For every egg, use 1 Tablespoon ground flax seed with 2 Tablespoons of water. Mix and let hydrate before using if the recipe doesn't contain a lot of liquid like this one does. *You must grind the flax* to break down the hard, seedy surface and expose the nutrients and thickening agents inside.

Using flax "eggs" instead of real ones is also better for those who are trying to keep their cholesterol low.

TOTAL TIME 30 minutes

INGREDIENTS

2 cups **rolled oats**

1-1/2 cups **Pumpkin** (or one 15 oz. can)

1-1/2 cups **milk**

¼ cup **maple syrup**

2 teaspoons **orange zest**

1 teaspoon **pumpkin spice**

½ cup of dried **cranberries** (or raisins or whatever dried fruit you have on hand)

2 Tablespoons of **ground flaxseed**

Salt to taste

TOOLS USED:

Medium sized mixing bowl

1 quart baking dish or assortment of smaller baking dishes

DIRECTIONS:

1. Mix all ingredients together.
2. Pour into baking dishes.
3. Bake at 350 degrees for about 20 minutes. If using smaller bowls, keep watch and take out when the oatmeal is set.
4. Serve warm or keep in the fridge and reheat later.

Good for One. Great for Many

1 Serving of Pumpkin Oatmeal Bowl

General			
Energy	304.8	kcal	<div><div></div></div> 41%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	181.0	g	<div><div></div></div> 7%

Carbohydrates			
Carbs	60.2	g	<div><div></div></div> 73%
Fiber	9.1	g	<div><div></div></div> 43%
Starch	23.8	g	No Target
Sugars	23.7	g	No Target
Sugar Alcohol	0.1	g	No Target
Net Carbs	50.9	g	<div><div></div></div> 83%

Lipids			
Fat	5.2	g	<div><div></div></div> 19%
Monounsaturated	1.6	g	No Target
Polyunsaturated	2.1	g	No Target
Omega-3	0.9	g	<div><div></div></div> 43%
Omega-6	1.3	g	<div><div></div></div> 12%
Saturated	0.8	g	n/a
Trans-Fats	0.0	g	0.000 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	7.7	g	<div><div></div></div> 13%
Cystine	0.2	g	<div><div></div></div> 30%
Histidine	0.2	g	<div><div></div></div> 16%
Isoleucine	0.3	g	<div><div></div></div> 22%
Leucine	0.5	g	<div><div></div></div> 18%
Lysine	0.4	g	<div><div></div></div> 14%
Methionine	0.1	g	<div><div></div></div> 17%
Phenylalanine	0.4	g	<div><div></div></div> 32%
Threonine	0.2	g	<div><div></div></div> 17%
Tryptophan	0.1	g	<div><div></div></div> 30%
Tyrosine	0.2	g	<div><div></div></div> 21%
Valine	0.4	g	<div><div></div></div> 22%

Vitamins			
B1 (Thiamine)	0.3	mg	<div><div></div></div> 29%
B2 (Riboflavin)	0.4	mg	<div><div></div></div> 38%
B3 (Niacin)	1.1	mg	<div><div></div></div> 8%
B5 (Pantothenic Acid)	1.0	mg	<div><div></div></div> 20%
B6 (Pyridoxine)	0.1	mg	<div><div></div></div> 9%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	31.3	µg	<div><div></div></div> 8%
Vitamin A	19194.4	IU	<div><div></div></div> 823%
Vitamin C	5.2	mg	<div><div></div></div> 7%
Vitamin D	25.2	IU	<div><div></div></div> 4%
Vitamin E	3.4	mg	<div><div></div></div> 23%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.1	mg	No Target
Gamma Tocopherol	1.1	mg	No Target
Vitamin K	21.3	µg	<div><div></div></div> 24%

Minerals			
Calcium	201.0	mg	<div><div></div></div> 25%
Copper	0.4	mg	<div><div></div></div> 40%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	3.9	mg	<div><div></div></div> 49%
Magnesium	106.5	mg	<div><div></div></div> 33%
Manganese	2.4	mg	<div><div></div></div> 131%
Molybdenum	0.0	µg	0%
Phosphorus	238.6	mg	<div><div></div></div> 34%
Potassium	514.2	mg	<div><div></div></div> 11%
Selenium	13.4	µg	<div><div></div></div> 24%
Sodium	55.1	mg	<div><div></div></div> 4%
Zinc	2.2	mg	<div><div></div></div> 27%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.

1 Serving of Peanut Sauce Noodles

CHARMOULA

YIELD Makes about 1 cup

INGREDIENTS

1. 1 tablespoon cumin seeds
2. 1 garlic clove, minced
3. 1 1/4 cups finely chopped fresh cilantro
4. 1/2 cup finely chopped fresh Italian parsley
5. 2 teaspoons fresh lemon juice
6. 1 1/2 teaspoons paprika
7. 1/8 teaspoon cayenne pepper
8. 1/2 cup plus 2 tablespoons extra-virgin olive oil

PREPARATION

1. Stir cumin in small skillet over medium heat until lightly toasted, about 2 minutes. Transfer to mortar. Add garlic; pound with pestle until paste forms. Transfer to bowl. Mix in cilantro and next 4 ingredients. Stir in olive oil. Season with salt and pepper. **Do ahead** Can be made 2 days ahead. Cover; chill. Let stand at room temperature 1 hour before serving.

CHERMOULA with Mint

Chermoula

3 Freestyle Points 86 calories **TOTAL TIME:** 5 minutes

Chermoula is similar to a pesto, used in North African cooking as a marinade to flavor fish or seafood, but it can be used on other meats, vegetables or stirred into couscous.

INGREDIENTS:

- 1 cup packed cilantro
- 1/2 cup packed mint leaves (no stems)
- Pinch of red pepper flakes
- 2 small cloves garlic
- 1 teaspoon Ras el Hanout
- 1/4 cup extra virgin olive oil
- 1 tablespoon lemon juice

DIRECTIONS:

Combine all the ingredients and puree in small blender (I used my magic bullet) until smooth, scraping down the sides of the bowl. If necessary add a drop of water if it's too thick.

NUTRITION INFORMATION

Yield: 6 tablespoons, Serving Size: 1 tablespoon