High-Protein Pumpkin Pie Oatmeal

**SERVINGS: 1**

**INGREDIENTS**

⅓ cup old fashioned oats (30 grams)
½ cup pumpkin, canned
⅛ teaspoon cinnamon
Dash ground cloves
Dash ground ginger
1 teaspoon Truvia baking blend
½ cup no salt added 1% cottage cheese

**DIRECTIONS**

1. Combine oats, pumpkin, spices, and sweetener in a microwave safe bowl.
2. Microwave on high for 90 seconds.
3. Stir in the cottage cheese.
4. Microwave on high for 60 seconds.
5. Let sit for a couple of minutes before eating.

**NUTRITIONAL VALUES**

Calories: 205
Cholesterol: 3 milligrams
Carbohydrates: 34 grams
Sodium: 312 milligrams
Fat: 3 grams
Protein: 14 grams
Dietary Fiber: 7 grams
Sugar: 9 grams