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