Giant Pumpkin Oatmeal

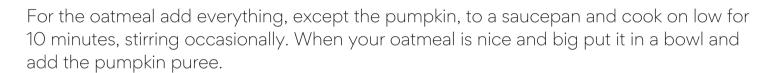
THM-Friendly: E

Oatmeal:

- 1/2 cup oatmeal, preferably sprouted
- 11/2 cups unsweetened nut milk
- 1/8 tsp. pumpkin pie spice
- a couple pinches of mineral salt
- 1/4 tsp. <u>maple extract</u>
- 1 tsp.THM <u>Super Sweet</u>
- 1/2 cup pure pumpkin puree

Toppings:

- 1 Tbsp. pecans, chopped
- 1 Tbsp. <u>Swerve Brown</u>
- on-plan maple syrup (I used RxSugar Syrup from Thrive Market), to your discretion.



Add toppings, and drizzle with maple syrup to your desired preference.

enJOY!



