



Pear 'n Pistachio Growing Oatmeal

 **SERVINGS** not found or type unknown

 **COOKING TIME** not found or type unknown

1

20 minutes

Pear 'n Pistachio Growing Oatmeal is a cozy breakfast option with sweet pears, a dash of cinnamon, and crunchy pistachios. Help start your morning off with wholesome oats and a variety of flavors and textures with this recipe.

Ingredients

- 1/2 Cup(s) [Quaker® Oats-Old Fashioned](#)
- 1/4 Cup(s) peeled and chopped pear
- 1 packet(s) no-calorie sweetener
- 1/4 Teaspoon(s) Cinnamon
- 1/8 Teaspoon(s) Nutmeg
- 1/8 Teaspoon(s) Vanilla extract
- 1 Pinch(s) Salt
- 3/4 Cup(s) fat-free milk
- 1/4 Cup(s) canned pure pumpkin
- 1/4 Ounce(s) shelled pistachios (about 12), chopped

Cooking Instructions

1. In a nonstick pot, combine all ingredients except pumpkin and pistachios.
2. Mix in 1 1/4 cups water.
3. (Don't worry if this seems like a lot of liquid.
4. It will thicken up!) Bring to a boil and then reduce to a simmer.
5. Add pumpkin and cook and stir until thick and creamy, 12 - 15 minutes.
6. Transfer to a medium bowl and let slightly cool and thicken.
7. Top with chopped pistachios!.