



# Recipes for Success



## Pumpkin Spice Mason Jar Oatmeal

*A wonderful recipe for a grab-and-go breakfast or after school snack.*

### Equipment Needed

Mason jars

Mixing cups and spoons

### Ingredients

1/4 cup old fashioned oats

1/4 cup pumpkin pie filling

1 tablespoon greek yogurt

1/2 cup milk

Pinch cinnamon

Pinch nutmeg



### Instructions

Combine all ingredients in mason jar. Place lid on jar and shake. Put in fridge overnight (or up to 2 days). Eat cold or warm in microwave for 1 minute.

*Try making mason jar oatmeal with your favourite flavours such as berries, bananas and peanut butter or apple and cinnamon.*

### Suggested Tasks for Children:

- Help to measure out ingredients and pour them into mason jars
- Shake lid covered mason jars to combine ingredients
- Help clean up



For more nutrition information or recipes, visit [breakfastforlearning.ca](http://breakfastforlearning.ca)