



Pumpkin Cereal in a Bowl

By Chocolate Covered Katie (Inspired by Banana Bread Cereal)

Ingredients:

- 1/3 c canned pumpkin (or cooked pumpkin)
- 3/4 c milk of choice (Almond, Coconut, Rice, etc.)
- 1 cup flake cereal (I like spelt flakes, but bran, corn, etc will work. Some people have even used oatmeal!)
- 1/4 to 1/2 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/8 tsp salt
- sweetener (such as Stevia, honey, agave nectar or even maple syrup)
- optional: pecans

Method:

Blend all ingredients together. The cereal will have a thin consistency at first, but if you leave it in the fridge (after blending) for even just 10 minutes, it starts to get *really* thick! I usually make it before I run, and it's the consistency of thick pudding by the time I return.

Top with chopped pecans (or other nut of preference).