



GREAT WAVE
ACUPUNCTURE & WELLNESS

Pumpkin Season

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Pumpkin season usually means that we see pumpkin products and flavors in abundance. Some choices are sweet treats (pumpkin donuts are a household fave here) and others can be truly balanced choices. Read on for my new favorite pumpkin recipe that I can easily enjoy each morning until Spring!

Jess' Perfect Pumpkin Oatmeal (serves 1)

Ingredients:

½ C steel cut oats (cooked)

¼ C canned pure pumpkin

1 tsp pumpkin pie spice

¼ C milk (or plant-based milk of your choice)

2 T nut of your choice

1 T dried fruit of your choice



If you like a little more sweetness in your oatmeal, you can try a vanilla plant based milk (I did this with vanilla soy milk and am totally addicted!) or try adding 1-2 tsp maple syrup. Happy and healthy eating!

For more fun recipes and personalized nutrition attention, reach out to jessicar@greatwaveacupuncture.com to schedule an appointment. Many insurance plans cover the full cost of sessions!