

Pumpkin Pie Holiday Breakfast Casserole

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/pumpkin-pie-truffles-southern-living-recipe>

Ingredients:

- 2 cups rolled oats
- 3 tablespoons ground flax or chia seeds
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 2 cups almond milk or other non-dairy milk
- 2 teaspoons pure vanilla extract
- 1/4 cup maple syrup or to taste
- 2 1/2 cups pumpkin pie leftover chopped, or other flavour approx 3-4 slices, divided

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 550 milligrams
9. Sugar: 32 grams

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