

# Pumpkin Cream of Wheat

## Ingredients:

- 1/4 cup pumpkin, canned
- 2 packets Stevia
- 1/4 tsp. cinnamon, ground
- 1/8 tsp. ginger, ground
- 1/8 tsp. clove, ground
- 1/8 tsp. of salt
- 1 packet Cream of Wheat instant cereal
- 2/3 cup boiling water
- 1 tbsp. granola



## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 1

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Amount Per Serving

**Calories 150**    Calories from Fat 10

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% Daily Value\*

<b>Total Fat</b> 1g		<b>2%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 270mg		<b>11%</b>
<b>Total Carbohydrate</b> 30g		<b>10%</b>
Dietary Fiber 4g		<b>16%</b>
Sugars 4g		
<b>Protein</b> 5g		

Vitamin A 150%    •    Vitamin C 0%  
Calcium 25%        •    Iron 50%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Directions:

1. In a microwaveable serving bowl, combine the pumpkin, Stevia, cinnamon, ginger, clove & salt. Stir to mix. Microwave on low power, checking every 15 seconds, for 30-45 seconds, or until warm.
2. In a serving bowl, stir together the Cream of Wheat and boiling water. Stir in the pumpkin mixture. Sprinkle granola on top.