



Spin Your Own Axis

Pumpkin Zucchini Oatmeal Bowl

This weather calls for a warm and cozy recipe. The [Pumpkin Zucchini Oatmeal Bowl](#) breakfast option screams more than warmth. It is rich in nutrients, boasting a high count in fiber, vitamin C, K, B6, folic acid, potassium, magnesium and contains antioxidants through its flavorful and nutritious ingredients. A perfect way to get your veggies in, while enjoying that [tasty.balanced.fast](#) approach you are looking for.



- **Prep Time:** 10 minutes
- **Cook Time:** 10 minutes
- **Total Time:** 20 minutes
- **Serving:** 1

Ingredients

- 40g Organic Oatmeal
- 1 cup Almond Milk
- 84g Pumpkin Puree
- 50g Zucchini
- 10g Chocolate Ascent Protein Powder
- 15g Slivered Almonds
- 20g Hempseed
- 1 oz Raspberries
- 100g Banana
- Cinnamon

Instructions

1. Grab your blender. Add ingredients in this order: oatmeal, milk, pumpkin puree, protein powder, & zucchini.
2. Once all ingredients have been placed together. Blend away until you have great consistency of blended ingredients.
3. Transfer blend into a heating pan, and cook mix in high heat until boiling, then simmer heat to low for remainder of time. Cook time 10 minutes.
4. Once mix is all cooked. Place in bowl and add sliced banana, hempseed, raspberry and slivered almonds.
5. Final tweek, sprinkle cinnamon and immediately eat while it's hot and cozy.
6. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat! @spinyourownaxis or use hashtag #spinyourownaxis #kitchenitwithscar

Nutrition Facts

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|-----------------------------|----------------------|
| • Serving Size: 1/5 | Calories: 560 |
| • Carbohydrates: 69g | Sodium: 200mg |
| • Fat: 22g | Sugar: 16g |
| • Protein: 26g | Iron: 3% |
| • Fiber: 13g | |