The background of the entire page is a top-down view of a white ceramic bowl filled with oatmeal. The oatmeal is topped with a dollop of white cream, some nuts, and a drizzle of honey. A silver spoon is positioned on the left side of the bowl. In the upper right corner, there is a yellow apple icon with a green outline and a single green leaf.

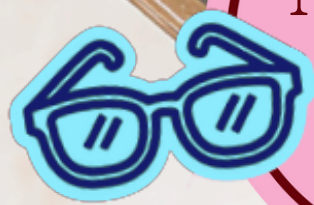
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How To Use Our Nutrition Information

Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

We break down our recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!



Nutrition Info



Pumpkin Pancake Bowl

| | | | Cal | Fat | Protein | Carbs | Fiber | Cost |
|-------|------|------------------------------|---------------|---------------|-------------|-------------|------------|------------|
| 0.25 | cup | Kodiak Cakes pancake mix | 110 | 1.75 | 7.5 | 18.5 | 2.5 | 0.317 |
| 0.166 | each | ready to drink protein shake | 26.56 | 0.498 | 5 | 0.3 | 0 | 0.3 |
| 1 | each | egg, large | 70 | 5 | 6 | 1 | 0 | 0.25 |
| 0.5 | cup | pumpkin puree | 40 | 0 | 1 | 10 | 3 | 0.56 |
| 0.5 | tsp | pumpkin spice | 0 | 0 | 0 | 0 | 0 | 0.046 |
| 0.5 | cup | Greek yogurt, plain, non-fat | 60 | 0 | 10.66 | 4 | 0 | 0.4732 |
| 1 | tsp | maple syrup | 17 | 0 | 0 | 4 | 0 | 0.081 |
| 2 | tbsp | walnuts | 100 | 10 | 3 | 2 | 1 | 0.199 |
| | | | 450.12 | 17.746 | 38.1 | 40.2 | 6.5 | 2.5 |

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.