



Pumpkin Overnight Oats

SERVINGS: 1

PREPPING TIME: 5 MINS

COOKING TIME: 0 MINS

INGREDIENTS

1/4 cup quick oats
1/2 cup unsweetened milk of choice
(e.g. soy milk, cows milk, almond milk)
1 tbsp. pumpkin puree (unsweetened)
1/4 cup nonfat vanilla Greek yogurt
1 tsp. maple syrup
1 tsp. chia seeds
Pinch of pumpkin pie spice

DIRECTIONS

1. In a medium-sized mixing bowl or directly in a mason jar (or other airtight container), combine the quick oats and chia seeds.
2. Pour in the unsweetened milk of your choice, followed by the pumpkin puree, vanilla Greek yogurt, maple syrup, and pumpkin pie spice. Stir everything together until the mixture is well combined and smooth.
3. Seal the jar or cover the bowl tightly with a lid or plastic wrap. Place it in the refrigerator for at least 4 hours, but preferably overnight. The oats will absorb the liquid and become soft and creamy by morning.
4. In the morning, remove the oats from the refrigerator. Give them a quick stir to redistribute any ingredients that may have settled. If the oats seem too thick, you can add an extra splash of milk to reach your desired consistency. Enjoy!

NUTRITION

*Analyzed using soy milk

Serving size: 1
(per serving) 276 calories, 6.7g fat, 1.1g saturated fat, 3.1mg cholesterol, 66.7mg sodium, 37.3g carbohydrate, 6.3g fiber, 7.4g sugar, 17.9g protein