

# PUMPKIN SPICE OVERNIGHT OATS

2

## INGREDIENTS

1/3 cup plain yogurt

1/2 cup oats

2/3 cup milk of choice

1 Tbsp chia seeds or ground flax meal

Pinch of salt

0-2 Tbsp honey, sugar or maple syrup

1/2 cup pumpkin puree

1/2 tsp ground cinnamon

OPTIONAL: 1/8 tsp Pumpkin pie spice blend

## DIRECTIONS

### Step 1

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.

### Step 2

Close and refrigerate for at least 4 hours, but preferably overnight before eating.

## NUTRITION

CALORIES: 284

TOTAL FAT: 7g

SATURATED FAT: 2g

## SHOPPING LIST

Plain Yogurt

Oats

Milk

Chia Seeds or Ground Flax

Honey, Maple Syrup, or Sugar

Pumpkin Puree

Ground Cinnamon

CARBOHYDRATES: 47g

FIBER: 7g

PROTEIN: 11g

SODIUM: 131mg