

Pumpkin Spice Overnight Oats

I am a sucker for pumpkin spice. You say “pumpkin” and I am there! This overnight oat recipe satisfies my pumpkin monster. Oats, Greek yogurt, milk of choice, vanilla, pumpkin, and spices all combined and chilled overnight to make a cold and creamy breakfast on the go (or snack). Get this; one serving even has 15.8 grams of protein, but you can always add a little protein powder to increase the protein!

Ingredients:

½ cup	Oats, measured dry
Pinch	Salt
1-2 tbsp	Stevia
1 tsp	Pumpkin pie spice
¼ tsp	Turmeric
¼ cup	Pumpkin puree
½ cup	Milk of choice (Unsweetened vanilla almond milk is shown in nutrition facts)
½ cup	Non-fat, Greek yogurt, flavor of choice (I use vanilla)
Optional	Nuts, chia, flax, berries, additional spices

Directions:

1. Combine all dry ingredients in a pint-sized Mason jar and mix well.
2. Add the milk and pumpkin puree; stir until oats are all wet.
3. Top with yogurt and any optional toppings, such as nuts.
4. Put the lid on and place in the fridge overnight (6-8 hours)
5. In the morning, grab you jar, mix well, and go!!

*If you want to mix it up, use different extracts, flavors of yogurt, and a variety of fruit. To make this more fruits, omit the cocoa powder and chocolate chips. Then, you would mix in a fruit of choice before you top with yogurt.

Nutrition Facts:

Servings: 1 pint

Serving size: 1 pint

Pumpkin Spice Overnight Oats		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	299.9 kcal	15 %
Total Fat	4.6 g	7 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	2.5 mg	1 %
Sodium	282.9 mg	12 %
Total Carbohydrate	48.4 g	16 %
Dietary Fiber	6.5 g	26 %
Sugars	15 g	
Protein	15.8 g	32 %
Vitamin A	131 % • Vitamin C	3 %
Calcium	39 % • Iron	18 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		