

Pumpkin Pie Overnight Oats

Instructions

1. In a medium bowl, mix the Greek yogurt, almond milk, pumpkin purée, vanilla, and 1 tablespoon of maple syrup together until well combined.
2. Stir in the rolled oats, chia seeds, and pumpkin pie spice. Taste and add more maple syrup if you prefer more sweetness.
3. Pour the mixture into a glass jar or container and place in a fridge for at least 4 hours or let sit overnight. Makes 1 serving of pumpkin pie overnight oats.

Ingredients

- 1/4 cup of plain or vanilla nonfat Greek yogurt
- 1/2 cup of unsweetened vanilla almond milk (any other type of milk will also work)
- 1/4 cup of pumpkin purée
- 1/2 teaspoon of vanilla extract
- 1-2 tablespoons of pure maple syrup
- 1/2 cup of rolled oats (gluten free if desired)
- 2 teaspoons of chia seeds
- 1/2 teaspoon of pumpkin pie spice

Grocery List

Canned Goods/Grocery

- Pumpkin purée
- Vanilla extract
- Pure maple syrup
- Rolled oats
- Chia seeds
- Pumpkin pie spice

Dairy

- Plain or vanilla nonfat Greek yogurt
- Unsweetened vanilla almond milk (or any other type of milk if preferred)