

Pumpkin Spice Overnight Oats

Oats can be a very comforting and filling meal, especially when balanced with a good combination of nutritious toppings. And surprisingly, one cup of oats provides about the same amount of protein as one egg. This variation of overnight oats is perfect for fall with its warming pumpkin pie spice and nourishing pumpkin. Cook with milk or top with Greek yogurt to increase protein and nutrition.

Prep time: 5 minutes

Serves: 1

Ingredients

- $\frac{3}{4}$ - 1 cup milk or unsweetened plant-based milk of your choice
- 2 tablespoons canned pumpkin
- $1\frac{1}{2}$ tablespoons chia seeds
- 2 teaspoons pure maple syrup or honey $\frac{1}{2}$ teaspoon pumpkin pie spice
- $\frac{1}{2}$ old-fashioned rolled oats (*certified gluten-free, if needed*)
- 2 tablespoons pecans or pumpkin seeds



Instructions

1. Combine milk, pumpkin, chia seeds, maple syrup, and pumpkin pie spice in a container with a lid. Whisk ingredients together until well-mixed.
2. Stir in oats. Seal container with lid and refrigerate overnight.
3. When ready to serve, add nuts or seeds. Can be enjoyed heated or cold.