

RECIPE: PUMPKIN SPICE OVERNIGHT OATS

SERVES: 1 PREP TIME: 5 mins

INGREDIENTS:

- ½ cup rolled oats
- ½ cup unsweetened almond milk (or any type of milk)
- ⅓ cup plain, reduced-fat Greek yogurt
- 1 tsp. ground flaxseed (optional)
- 2 tbsp. pumpkin puree (no sugar or salt added)
- ½ - 1 tbsp. maple syrup, to taste
- ½ tsp. vanilla extract
- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- Pinch of salt

INSTRUCTIONS:

- Stir together all ingredients in a medium-sized mixing bowl.
- Add to a mason jar or other container with a fitted lid.
- Refrigerate and store overnight.
- Enjoy in the morning!

