

Pumpkin Pie Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1/4 cup milk of choice
- 1/4 cup plain greek yogurt
- 1/4 cup pumpkin puree
- 1-2 tbsp chia seeds
- 1 tbsp pure maple syrup
- 1-2 tsp pumpkin pie spice (or 1/4 tsp cinnamon/nutmeg/ginger)
- 1/2 tsp cinnamon
- Optional: pumpkin seeds, chocolate chips, and/or walnuts



Instructions

1. Place rolled oats into a container that can be stored in the refrigerator overnight. Add chia seeds and milk of choice.
 - A. **Nutrition fact:** Rolled oats are a great source of beta-glucan, which is a potent soluble fiber. Beta-glucan is associated with numerous health benefits, such as glycemic control, satiety, and heart health, due to its ability to both form high-viscous solutions and undergo fermentation within the colon.
2. In a separate bowl, whip the greek yogurt and pumpkin puree together. Add the mixture to the oats.
 - A. **Nutrition fact:** Pumpkins contain various beneficial nutrients, such as vitamin A, potassium, and iron. They are a large source of beta carotene, which the body converts into Vitamin A. They also possess a high quantity of antioxidants, reducing free radical activity within the body. Greek yogurt contains a high amount of protein and probiotics, as well as other health benefits.
3. Add maple syrup, pumpkin pie spice, and any of the optional items. Mix everything together well. Top with cinnamon.
4. Cover the container and leave in the fridge overnight. Eat within 1-2 weeks.