

Pumpkin Pie Overnight Oats.

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats (quick or traditional)
1 cup Unsweetened Almond Milk
1 cup Pureed Pumpkin
1 1/2 tbsps Chia Seeds
1 tbsp Stevia Powder
1 1/2 tsps Pumpkin Pie Spice
2 tbsps Pecans (toasted and chopped)

NUTRITION

AMOUNT PER SERVING

Calories	302	Fiber	11g
Fat	12g	Sugar	5g
Saturated	1g	Protein	9g
Trans	0g	Cholesterol	0mg
Carbs	49g	Sodium	90mg

DIRECTIONS

- 01 In a medium bowl, combine the oats, almond milk, pumpkin puree, chia seeds, Stevia and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO PUMPKIN PIE SPICE

Use cinnamon instead.

NO PECANS

Use any type of crushed nuts or hemp seeds instead.