



Pumpkin Pie Overnight Oats

3 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Chia Seeds
- 3 tbsps Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1/4 cup Pecans (toasted and chopped)
- 3/4 cup Protein Powder (1/4 cup = 1 scoop)

Nutrition

Amount per serving	
Calories	429
Fat	16g
Saturated	1g
Carbs	49g
Fiber	12g
Sugar	16g
Protein	28g
Cholesterol	4mg
Sodium	154mg

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

No Pecans: Use any type of crushed nuts or hemp seeds instead.

More on Oats: Of the many anti-oxidant compounds in oats, they have a unique type found almost exclusively in them - avenanthramides. They may help lower blood pressure levels by increasing the production of nitric oxide, a gas molecule that helps dilate blood vessels and lead to improved blood flow. They also have anti-inflammatory and anti-itching effects!

Meeting your protein needs: Add or omit your favorite whey or plant-based protein powder.