

## PUMPKIN SPICE OVERNIGHT OATMEAL (GF)

Overnight pumpkin spice flavored oats recipe that is vegetarian and gluten free! Use milk of choice when making this recipe.

 5 minutes 6 hours and 5 minutes 2 portions

### INGREDIENTS

- 1 container of yogurt, Greek, plain, nonfat (170 g)
- 1/2 cup of pumpkin, canned, without salt (123 g)
- 1 cup of beverages, almond milk, unsweetened, shelf stable (262 g)
- 1.5 tsps of spices, pumpkin pie spice (3 g)
- 1 tsp of spices, cinnamon, ground (3 g)
- 1/2 tbsp of syrups, maple (10 g)
- 1 cup of oats (156 g)
- 2 tsps, ground of seeds, flaxseed (14 g)

### COOKING METHOD

- 1° Whisk together the 1 cup of Greek yogurt (any brand) with the pumpkin puree, milk, maple syrup, and spices in a bowl.
- 2° Stir in the rolled oats and ground flaxseed.
- 3° Cover the bowl and refrigerate for at least 6 hours or overnight if preparing for the morning.
- 4° Eat cold or reheat for 1-2 minutes.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (370 g)	% DRI
ENERGY	122 kcal	452 kcal	23 %
FAT	3 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
CHOLESTEROL	1 mg	4 mg	1 %
SODIUM	36 mg	133 mg	6 %
CARBOHYDRATE	19 g	69 g	23 %
SUGARS	2 g	9 g	—
FIBER	4 g	13 g	52 %
PROTEIN	7 g	24 g	—