

PUMPKIN SPICE OVERNIGHT OATMEAL

Easy, hearty overnight oatmeal; make several jars and you'll have breakfast all week long!

 5 minutes 8 hours 4 portions

INGREDIENTS

- 4 cups 2% milk
- 4 teaspoons Stephanie's spice blend
- 2 teaspoons vanilla extract
- 1 teaspoon salt
- 4 teaspoons chia seeds
- 2 cups canned pumpkin (not pumpkin pie mix)
- 2 cups old-fashioned oatmeal
- 1/2 cup pure maple syrup

COOKING METHOD

- 1° Combine all ingredients in a large bowl, stir to combine.
- 2° Divide the oatmeal into four containers (mason jars work really well!). Leave in the fridge to set overnight. Serve cold or warmed up, easy to throw in your bag and take to work or school!
- 3° Optional Toppings: - Pecans/Walnuts - Banana Slices

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (54 g)	% DRI
ENERGY	169 kcal	90 kcal	5 %
FAT	3 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	325 mg	174 mg	7 %
CARBOHYDRATE	34 g	18 g	6 %
SUGARS	20 g	11 g	—
FIBER	3 g	2 g	7 %
PROTEIN	3 g	2 g	—