



Eat Well

## Pumpkin Overnight Oats

### Directions

Combine all ingredients in mason jar or airtight container. Refrigerate overnight. Enjoy cold or warmed up. Great for busy mornings!

### Ingredients

- » 1/3 cup (30g) old fashioned oats
- » 1/3 cup (80mL) milk of choice
- » 1/3 cup (76g) non-fat plain Greek yogurt
- » 1/4 cup (60g) pumpkin puree
- » 1 Tbsp (10g) chia seeds
- » 1 tsp sweetener of choice (honey, maple syrup, stevia, etc.)
- » 1/2 tsp pumpkin pie spice (or cinnamon)
- » 1/2 tsp vanilla extract

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