



# Pumpkin Spice Overnight Oats

A yummy fiber-rich start to your day

2 cups rolled oats

2 cups unsweetened almond milk or other milk of your choice

½ cup pumpkin puree

2 tablespoons chia seeds

1 teaspoon pumpkin pie spice

2 tablespoons maple syrup (optional)

Mix all ingredients in a bowl. Divide into jars or containers. Refrigerate overnight. Top with nuts or fruit in the morning.

Yield: 4 servings

Julie Hartley, RDN

