



# Pumpkin Pie Overnight Oats



prep time  
10 minutes



total time  
8+ hours



servings  
1-2

## Ingredients

- 1 cup/90 grams rolled oats  
~ 2 servings of carb
- 1/4 cup unsweetened almond milk
- 1/2 cup/140 grams nonfat plain Greek yogurt ~ 1 serving of protein
- 1/2 cup/140 grams canned pumpkin  
~ 1 serving of carb
- 1.5 TBSP almond butter  
~ 1.5 servings of fat
- 1 serving of Vanilla Protein Powder  
~ 3.5 protein servings (assuming 25 grams of protein)
- 1 TBSP chia seeds ~ 1 serving of fat  
(add more if you like a thicker consistency)
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice

### Optional Toppings:

- Chopped pecans
- Shredded coconut

## Instructions

- 1 Stir all ingredients together in a large bowl.
- 2 Place into 1-2 mason jars.
- 3 Cover and store in the fridge overnight.
- 4 Enjoy cold. Keeps well in the fridge for up to five days.



### Whole Recipe Breakdown:

4.5 Servings Protein  
3 Servings Carb  
2.5 Servings Fat