

Pumpkin Pie Overnight Oats

Ingredients:

Serves 2

- 1 cup Oats, rolled, old fashioned
- 2/3 cup Pumpkin puree
- 3 Tbs Chia seeds
- 2 Tbs Maple syrup
- 3/4 tsp Cinnamon spice
- 1/4 tsp Nutmeg spice
- 1/4 tsp Ginger spice
- 1/8 tsp Clove spice
- 1 2/3 cup Almond Milk



*SOY FREE



*VEGAN



Directions:

1. Combine all ingredients in a bowl and mix until fully combined.
2. Place in the refrigerator overnight.

Nutrition Facts

Serving Size (279g)
Servings Per Container 2

Amount Per Serving

Calories 280 **Calories from Fat 70**

Total Fat 8g **12%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 45g **15%**

Dietary Fiber 11g **44%**

Sugars 13g

Protein 9g

Vitamin A 170% • Vitamin C 2%

Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4