



Pumpkin Flax Overnight Oats

Prep Time: 5 minutes | Cook Time: overnight | Yield: 2 servings

INGREDIENTS:

- 1 cup old fashioned oats
- ½ cup 1% milk
- ¼ cup pumpkin puree
- 1 Tbsp. ground flax seed
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 2 Tbsp. pepitas, divided

INSTRUCTIONS:

1. In a medium bowl, mix the oats, milk, pumpkin puree, spices and flaxseeds together until well combined.
2. Separate into two jars or small bowls, cover and refrigerate overnight.
3. In the morning, top each jar/bowl with 1 Tbsp. pepitas.
4. Enjoy!

Optional toppings: banana slices, assorted berries, walnuts, pecans, dried cranberries, mini chocolate chips, nut butter

NUTRITION INFORMATION PER SERVING:

295 Calories | 12g Fat | 37mg Sodium | 7g Fiber | 12g Protein

Recipe adapted from *Once Upon a Pumpkin*

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