

Pumpkin Pie Overnight Oats

Ingredients

- 3/4 C Light Vanilla Greek Yogurt
- 1/2 C Oats, dry
- 1/2 C Fat Free Fairlife Milk
- 1/2 C Pumpkin Puree
- 2 Tbsp Sugar Free Maple Syrup
- 2 Tbsp Chopped Pecans
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/4 tsp Pumpkin Spice



Instructions

1. In a sealable container, add all of the above ingredients.
2. Mix well and top with your chopped pecans.
3. Cover and place in the fridge overnight. You can eat these cold or warmed up the next day. Enjoy!

Nutrition Profile

Calories - 430

Fat - 13g

Carbohydrates - 55g

Protein - 29g