



PUMPKIN PIE OVERNIGHT OATS

INGREDIENTS

Serving Size: 1

- 1/2 Cup Rolled Oats
- 1/4 Cup Pumpkin Puree
- 1/2 Cup Milk
- 1/4 Cup Greek Yogurt
- 2 **Glops**** of Honey (or sweetener)
- 1/2 Teaspoon Pumpkin Pie Spice

INSTRUCTIONS

- **Start with the oats.** Pour Oats into a Mason Jar. These will soak up all the yummy flavors overnight.
- **Add the pumpkin.** Scoop in ¼ cup of pumpkin puree. This gives it that delicious pumpkin pie flavor!
- **Pour in the milk.** Add ½ cup of your favorite milk (like almond, oat, or dairy milk) to make it creamy.
- **Mix in the yogurt.** Stir in ¼ cup of Greek yogurt for a thick and creamy texture.
- **Sweeten it up!** Add 2 glops of honey, or use your favorite sweetener.
- **Spice it up.** Sprinkle in ½ teaspoon of pumpkin pie spice to bring all the cozy fall flavors together.
- **Stir it all together!** Mix everything well until all the ingredients are combined.
- **Let it chill.** Cover and put your jar or bowl in the fridge overnight.
- **In the morning:** Your Pumpkin Pie Overnight Oats are ready to eat! Stir it up, add any toppings you like (like nuts or granola), and enjoy!

GLOP??

A "glop" is a messy, gooey amount of something, like honey, that you scoop or pour without worrying about being precise.

