

Pumpkin Spice Overnight Oats

Ingredients:

- 2 cups of old-fashioned rolled oats (not quick oats)
- 4 teaspoons of chia seeds
- 2 1/4 cups milk
- 1 cup pumpkin puree (not pumpkin pie filling)
- 1/3 cup maple syrup or honey
- 3 Tablespoons instant espresso powder
- 2-4 Tablespoons of brown sugar
- 1 1/2 teaspoons of vanilla paste or extract
- 1 teaspoon pumpkin pie spice
- 3/4 cups plain (or vanilla) yogurt

Directions:

Add the following ingredients to a bowl and mix well until combined. Portion oat mixture into your desired sizes jars and seal. Store in the refrigerator overnight. Eat cold or warm in the microwave for 30-60 seconds on high. Top with whipped cream and sprinkle with extra Pumpkin Pie Spice.

If you don't like coffee, just leave the coffee powder out and it's still amazing!