

YIELD: 1 LARGE SERVING OR 2 SMALL

# Healthy Pumpkin Overnight Oats Recipe

Celebrate the flavors of fall with Pumpkin Overnight Oats! Packed with comforting spices, this oatmeal tastes like you're eating pumpkin pie for breakfast.

**PREP TIME**

5 minutes

**TOTAL TIME**

5 minutes

## Ingredients

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1 tablespoon chia seeds or ground flax meal
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 0–2 tablespoons honey or maple syrup
- 1/2 cup plain pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg



## Instructions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight before eating.

**Nutrition Information: YIELD: 2 SERVING SIZE: 1**

*Amount Per Serving:* CALORIES: 284 TOTAL FAT: 7g SATURATED FAT: 2g TRANS FAT: 0g UNSATURATED FAT: 5g  
CHOLESTEROL: 8mg SODIUM: 131mg CARBOHYDRATES: 47g FIBER: 7g SUGAR: 27g PROTEIN: 11g

*At Wholefully, we believe that good nutrition is about much more than just the numbers on the nutrition facts panel. Please use the above information as only a small part of what helps you decide what foods are nourishing for you.*

**CUISINE:** American / **CATEGORY:** Meal Prep  
<https://wholefully.com/pumpkin-overnight-oats-recipe/>