

# PUMPKIN APPLE SPICE OVERNIGHT OATS



SERVES: 2

PREP TIME: 10 MINTUES

“COOK” TIME: OVERNIGHT

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

4 TBSP chia seeds

3/4 cup organic pumpkin puree  
(NOT canned pumpkin pie filling)

1-2 TBSP maple syrup

1 cup organic rolled oats (gluten  
free, if needed)

1 tsp cinnamon

1/2 tsp pumpkin pie spice

1/2 tsp pure vanilla extract

1 1/2 cups non-dairy milk\*

1 small apple, chopped

## METHOD

Blend in the oats, cinnamon, pumpkin spice, and vanilla extract.

Add in the non-dairy milk and stir well. The mixture should look watery as the oats will be absorbing most of the liquid.

Cover your bowl with a lid, or alternatively, place the mixture in mason jars with lids. Refrigerate overnight for oats that are ready to go in the morning!\*\* Add chopped apple right before eating along with other toppings of choice!

You can eat these cold (my preference) or heat briefly in a small saucepan if you prefer warm oats.

Keeps in the fridge for 3-4 days! Double the recipe to make breakfast for the week!

NOTES:

Additional Toppings: [almond butter](#), granola, walnuts, pecans, additional cinnamon or maple syrup

\*I have used unsweetened, plain almond, coconut, and flax milk. Great results with all three!

\*\*If your oats seem to runny in the morning, add more pumpkin puree for texture (or mashed banana for some additional sweetness). If oats are too dry, add non-dairy milk.

NUTRITION:

Serving size: 1/2 recipe Total Calories: 390 Total Fat: 12 g

Saturated Fat: 0 g Sodium: 65 mg Potassium: 253 mg

Carbohydrates: 54 g Fiber: 13 g Sugar: 18 g Protein: 10 g