



with Lindsay Moore
Fall Spiced Overnight Oats

Shopping List

- 1 Cup Gluten Free Rolled Oats
- 1 1/2 Cups Almond Milk, Unsweetened Vanilla
- 1/4 Cup Chia Seeds
- 1/4 Cup Pumpkin Puree
- 2 tsp Maple Syrup
- 1 tsp Pumpkin Pie Spice
- Pinch Kosher Salt

Topping Suggestions

- Toasted Pecans
- Coconut Flakes
- Pomegranate Seeds
- Cinnamon

Cooking Instructions

1) In bowl, mix together oats, almond milk, chia seeds, pumpkin, maple syrup, and pumpkin pie spice.

2) Cover with plastic wrap and refrigerate overnight.

3) In the morning, give it a stir and serve cold or heat over the stovetop for a warm breakfast.

4) Top with toasted pecans, coconut flakes, pomegranate seeds and a dust of cinnamon {optional}.

It makes enough for 3 servings, so store the other two servings in mason jars for grab and go breakfasts throughout the week.