Pumpkin Pie Overnight Oats

PREP TIME: 5 MIN | SOAK TIME: 8 HRS | SERVINGS: 1

INGREDIENTS:
- 1/3 cup rolled oats
- 1/2 tsp pumpkin pie spice (or sub cinnamon)
- 1/8 tsp salt
- 2-3 Tbsp pumpkin puree
- 1/2 Tbsp sweetener
- 1/2 cup milk or milk alternative
- 1 Tbsp chopped pecans (optional)

DIRECTIONS:
- In a jar or container, mix together oats, pumpkin pie spice, salt, pumpkin puree and sweetener of choice. Add milk and stir well to combine. Refrigerate for at least 8 hours (overnight works best!).
- Enjoy cold or microwave to warm.
- Top with chopped pecans and an extra sprinkle of pumpkin pie spice or cinnamon, if desired.

RECIPE NOTES:
- Using a plant-based milk? Try soy milk for added protein.
- For the sweetener, use brown sugar, maple syrup, honey, etc.
- Optional add-ins: 1-2 Tbsp chia seeds, 1 tsp vanilla, or 1/4 cup of plain or vanilla yogurt.

RECIPE ADAPTED FROM BUDGETBYTES.COM