

Cinnamon-Pumpkin Overnight Oats

Whether you're off to school or work, this recipe for Pumpkin Overnight Oats with maple syrup and low-fat dairy is a feel-good breakfast option. Just prep the night before and in the morning, you have cozy cinnamon and pumpkin flavored overnight oats.



Servings: 1



Prep time: 5 min



Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 2 tbsp nonfat milk
- 1/3 cup plain nonfat yogurt, traditional or Greek
- 1/2 cup pumpkin puree
- 2 tsp maple syrup
- 1/4 tsp ground cinnamon
- 1 tsp raw pumpkin seeds or chopped walnuts



Instructions

1. Add oats to a jar or other container. Pour in milk.
2. Layer with yogurt. In small bowl stir together pumpkin, maple syrup and cinnamon; layer over yogurt.
3. Top with pumpkin seeds or walnuts.
4. Refrigerate overnight & enjoy in the morning. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.



Nutrition Info

Calories:	290
Total fat:	5 g
Saturated fat:	1 g
Cholesterol:	<5 mg
Sodium:	70 mg
Total Carbohydrates:	54 g
Dietary Fiber:	8 g
Soluble Fiber:	3 g
Total Sugar:	20 g
Protein:	13 g

A heart healthy diet should include whole grains, fresh fruits and vegetables, low fat dairy, lean protein and legumes, and should limit fat, saturated fat and cholesterol and sodium. One serving of this recipe provides at least 1g soluble fiber. Experts recommend that to maintain good health, no more than 10% of your calories should come from saturated fat, and no more than 20-35% of daily calories should come from total fat. See nutritionals included.

Source: [Quaker Oats Website](#)

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