

Cinnamon-Pumpkin Overnight Oats

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

How to make it

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 and 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.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	0 min	5 min	1

Made with



Quaker® Oats-Old Fashioned