

Pumpkin Pie Protein Overnight Oats

No time to make breakfast in the morning?! This easy recipe comes together in just a few minutes the night before, but provides hours of slow-digesting nutrition for a hectic day!

It's easily doubled, tripled, or even quadrupled to serve more. The oats will keep for at least 4 days if stored in an airtight container in the refrigerator.

Ingredients:

- ½ cup (120g) plain nonfat Greek yogurt
- ½ cup (122g) pumpkin purée
- ¼ cup (25g) old-fashioned oats (gluten-free if necessary)
- 1 tbsp (12g) Truvia
- ¼ tsp ground cinnamon

Directions:

1. Add all of the ingredients to a mason jar or plastic container with a tight-fitting lid, and stir until thoroughly combined.
2. Cover and refrigerate for 8 hours or overnight. Serve cold.

Notes:

Any oats will work, including instant, steel-cut, and others.
Any sweetener will work as well.