



Pumpkin Pie Protein Overnight Oats

Ingredients:

½ cup plain nonfat Greek yogurt
½ cup pumpkin puree
¼ cup old-fashioned oats
¼ tsp ground cinnamon
1 tbsp Truvia (optional)

Nutritional Information:

- Servings: 1
- Servings size: 1
- Calories: 187 kcal
- Carbohydrates: 27.5 g
- Sugar: 9 g
- Protein: 16 g
- Fat: 2 g
- Saturated Fat: 0 g
- Unsaturated Fat: 1 g
- Fiber: 7.3 g
- Sodium: 576 mg
- Cholesterol: 0 mg

Instructions:

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