



Long Livo

Pumpkin Pie Overnight Oats With Chia

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Base Oats

- ☐ 1 cup rolled oats
- ☐ 2 tbsp chia seeds
- ☐ 1 cup milk (dairy or plant-based)
- ☐ 1/2 cup canned pumpkin puree
- ☐ 2 tbsp maple syrup
- ☐ 1/2 tsp ground cinnamon

- ☐ 1/4 tsp ground nutmeg

- ☐ Pinch of salt

Optional Toppings

- ☐ Greek yogurt
- ☐ Toasted pumpkin seeds
- ☐ A drizzle of extra maple syrup
- ☐ Ground cinnamon sprinkle

Instructions

- 1** In a jar or bowl, whisk together the milk, pumpkin puree, maple syrup, cinnamon, nutmeg, and salt until smooth.
- 2** Add the rolled oats and chia seeds, stirring until everything is evenly coated.
- 3** Cover the container and place it in the refrigerator overnight, or at least 4 hours.
- 4** In the morning, give the mixture a good stir, top with yogurt, pumpkin seeds, and an extra drizzle of maple syrup.
- 5** For a quick variation, blend in a ripe banana before refrigerating – you might enjoy the flavor of banana bread in your oats.

Nutrition per serving

350 kcal

Calories

10 g

Protein

45 g

Carbs

12 g

Fat

Tips & notes

- If the mixture seems too thick in the morning, add a splash of milk and stir.
- Toast pumpkin seeds in a dry pan for 2 minutes to bring out their nutty aroma.
- For extra spice, add a pinch of ground ginger or cloves.