

Pumpkin Overnight Oats



Ingredients:

- 1/2 cup old-fashioned oats, uncooked
- 1/2 cup non-fat milk
- 6 ounces vanilla Greek yogurt
- 3 tablespoons pumpkin puree
- 1/4 teaspoon vanilla extract
- 1 teaspoon brown sugar
- 1/4 teaspoon pumpkin pie spice
- 1/4 teaspoon cinnamon

Directions:

1. Combine all ingredients in a container. Mix well.
2. Cover and chill for 4 hours or overnight.
3. Refrigerate unused portions.

Makes 1 serving.



Tarrant County Public Health
<http://health.tarrantcounty.com>