



Pumpkin Pie Overnight Oats

Packed with protein and fibre, this breakfast will keep you satisfied and energized so you can power through a busy morning. Top it with blueberries and a handful of granola or walnuts.

Prep Time: 5 minutes **Makes:** 1 serving

Ingredients

1/2 cup plain, whole fat Greek Yogurt
1/4 cup kefir
1/4 cup large flake oats
2 tbsp canned pumpkin (plain)
1 tsp chia seeds
1 tsp maple syrup (optional)
1/4 tsp cinnamon
Pinch each ground ginger, nutmeg

How to Make

Mix all ingredients together. Add to small reusable container. Refrigerate at least 4 hours. Devour!

Tip: Make a double batch so you've got breakfast ready to grab-n-go!