



## Pumpkin Pie Overnight Oats with Hemp Infused Honey

4 servings

15 minutes

### Ingredients

- 2 cups Plain Greek Yogurt (2%)
- 1 cup Unsweetened Almond Milk (or any nut milk)
- 2 cups Pureed Pumpkin
- 2 cups Old Fashioned Rolled Oats ( or 1 cup steel cut oats)
- 1/4 cup Honey (hemp infused)
- 1 tsp Cinnamon
- 1 cup Strawberries (sliced)
- 1/4 cup Pecans (optional)

### Nutrition

Amount per serving	
Calories	407
Fat	11g
Saturated	3g
Monounsaturated	4g
Carbs	64g
Fiber	9g
Sugar	26g
Protein	19g
Cholesterol	17mg
Sodium	120mg
Vitamin A	19699IU
Vitamin C	34mg
Calcium	418mg
Iron	4mg
Vitamin E	3mg
Folate	25µg
Vitamin B12	0µg
Magnesium	45mg

### Directions

- 1 To each of 4 bowls: add 1/2 cup rolled oats (or 1/4 cup steel cut oats), 1/2 cup pumpkin puree, 1/2 cup Greek yogurt, 1 Tbsp honey, 1/4 cup milk, 1/4 tsp pumpkin spice and mix until combined.
- 2 Top with sliced strawberries and 1 tbsp per bowl of pecans. Cover and refrigerate for 8 hours or overnight. Serve cold or microwave for 1 minute.

### Notes

**No strawberries:** Add banana slices, blueberries or raisins

**No pecans:** Add walnuts or almonds instead. For nut-free, add 1 tbsp chia seeds to each bowl.