

Zucchini Bread Recipes

Pumpkin Pie Overnight Oats with Chia

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Oat Base

- [ ] 1 cup old-fashioned rolled oats
- [ ] 2 tablespoons chia seeds
- [ ] 1/2 cup canned pumpkin puree (not pie filling)
- [ ] 1 1/4 cups milk or milk alternative
- [ ] 2 tablespoons maple syrup
- [ ] 1 teaspoon vanilla extract

Spices and Flavor

- [ ] 1 1/2 teaspoons pumpkin pie spice
- [ ] 1/4 teaspoon cinnamon (extra for topping)
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Pecans or walnuts for crunch
- [ ] Extra maple syrup for drizzling
- [ ] Whipped cream or yogurt
- [ ] Pumpkin seeds for garnish

Instructions

1. In a medium bowl or directly in your storage jars, combine the rolled oats and chia seeds. Give them a quick stir to distribute evenly.
2. Add the pumpkin puree, milk, maple syrup, vanilla extract, pumpkin pie spice, extra cinnamon, and sea salt. Mix everything together until well combined and smooth.
3. Taste the mixture and adjust sweetness or spices if needed. Remember, flavors will develop as it sits, so it might taste stronger in the morning.
4. Cover the container tightly and refrigerate for at least 4 hours, but ideally overnight (8+ hours) for the best texture and flavor development.
5. In the morning, give the oats a good stir. If they seem too thick, add a splash more milk until you reach your desired consistency.
6. Serve cold with your favorite toppings like chopped nuts, an extra drizzle of maple syrup, or a dollop of yogurt for extra creaminess.

Nutrition per serving

285 kcal	10 g	47 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a creamier texture, use full-fat coconut milk or dairy milk
- The oats will thicken more as they sit, so don't worry if they seem a bit thin when first mixed
- You can double or triple this recipe easily for meal prep
- If you don't have pumpkin pie spice, use 3/4 tsp cinnamon, 1/4 tsp nutmeg, 1/4 tsp ginger, and 1/8 tsp cloves