

Pumpkin Spice Overnight Oats

1 Serving • 1 Serving = 1 Bowl



INGREDIENTS

- ½ cup old fashioned oats, uncooked
- ½ cup low-fat or nonfat milk
- 2 Tablespoons pumpkin puree
- 1 teaspoon honey
- ½ teaspoon pumpkin spice
- 1/8 teaspoon vanilla extract
- Optional: nuts, pumpkin seeds

DIRECTIONS

1. Add all ingredients besides nuts and pumpkin seeds to a small bowl, jar, or sealed container. Mix well to combine.
2. Cover and refrigerate overnight.
3. Top with nuts and pumpkin seeds.

| Nutrition Facts | |
|--|---------------|
| 1 servings per container | |
| Serving size | 1 Bowl |
| Amount per serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 4.5g | 6% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 55mg | 2% |
| Total Carbohydrate 42g | 15% |
| Dietary Fiber 5g | 18% |
| Total Sugars 14g | |
| Includes 6g Added Sugars | 12% |
| Protein 9g | |
| Vitamin D 1mcg | 6% |
| Calcium 189mg | 15% |
| Iron 2mg | 10% |
| Potassium 343mg | 8% |
| <small>*The % Daily Value tells you how much is present in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

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