



# Cinnamon-Pumpkin Overnight Oats

 **SERVINGS**

1

 **COOKING TIME**

0 min

This breakfast option doesn't require any cooking. Just prep the night before and in the morning, you have cozy cinnamon and pumpkin flavored overnight oats. Whether you're off to school or work, this recipe for Pumpkin Overnight Oats with maple syrup and low-fat dairy is a feel-good breakfast option.

## Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 2 tbsp nonfat milk
- 1/3 cup plain nonfat yogurt, traditional or Greek
- 1/2 cup pumpkin puree
- 2 tsp maple syrup
- 1/4 tsp ground cinnamon
- 1 tsp raw pumpkin seeds or chopped walnuts

## Cooking Instructions

1. Add oats to a jar or other container. Pour in milk.
2. Layer with yogurt. In small bowl stir together pumpkin, maple syrup and cinnamon; layer over yogurt.
3. Top with pumpkin seeds or walnuts.
4. Refrigerate overnight and enjoy in the morning. Let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best to eat within 24 hours.