

Choco Fever Dream

Pumpkin Pie Overnight Oats With Chia

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

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 1/2 cup canned pumpkin puree
- [ ] 2 tbsp maple syrup
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/4 tsp ground nutmeg
- [ ] Pinch of salt

Optional Toppings

- [ ] Greek yogurt
- [ ] Toasted pumpkin seeds
- [ ] A drizzle of extra maple syrup
- [ ] Ground cinnamon sprinkle

Instructions

1. In a jar or bowl, whisk together the milk, pumpkin puree, maple syrup, cinnamon, nutmeg, and salt until smooth.
2. Add the rolled oats and chia seeds, stirring until everything is evenly coated.
3. Cover the container and place it in the refrigerator overnight, or at least 4 hours.
4. In the morning, give the mixture a good stir, top with yogurt, pumpkin seeds, and an extra drizzle of maple syrup.
5. For a quick variation, blend in a ripe banana before refrigerating – you might enjoy the flavor of banana bread in your oats.

Nutrition per serving

350 kcal	10 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick in the morning, add a splash of milk and stir.
- Toast pumpkin seeds in a dry pan for 2 minutes to bring out their nutty aroma.
- For extra spice, add a pinch of ground ginger or cloves.