

BREAKFAST

Overnight Pumpkin Oats

Makes 2 servings · about 1 cup each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 7 g · Fiber 5 g · Calories 170	

Ingredients

- ½ cup rolled oats, uncooked (old-fashioned; not steel-cut or instant)
- ½ cup whole milk
- 2 Tbsp plain Greek yogurt
- ¼ cup pumpkin purée (not pie filling)
- 1 Tbsp chia seeds
- ½ tsp vanilla extract
- 1½ tsp apple pie spice blend
- Honey to taste

Directions

1. Add all ingredients to a mason jar or small container and stir to combine.
2. Seal and refrigerate overnight, or at least 4–6 hours.
3. Eat cold, or warm in the microwave 1–2 minutes. Add your favorite toppings.

Note: Optional toppings: chopped pecans, pepitas, cinnamon, and/or dried fruit.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

DAIRY & EGGS

- ☐ ½ cup whole milk
- ☐ 2 Tbsp plain Greek yogurt

PANTRY & DRY GOODS

- ☐ ½ cup rolled oats (old-fashioned; not steel-cut or instant)
- ☐ ¼ cup pumpkin purée (not pie filling)
- ☐ 1 Tbsp chia seeds

CHECK YOUR PANTRY

- ☐ Vanilla extract
- ☐ Apple pie spice
- ☐ Honey