Recipe of the Week

**Pumpkin Spice Overnight Oats**

**Ingredients:**
- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk (or any type of milk)
- 1/3 cup plain Greek yogurt
- 1 Tbsp ground flaxseed
- 2 Tbsp pumpkin puree
- 1 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- Pinch of salt

**Directions:**

Serves 1
330 calories, 7 g fat, 50 g carbohydrate, 17 g protein, 8 g fiber, 280 mg sodium

Source: American Institute for Cancer Research