



*Simple,
Seasonal,
Sustainable*

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:

1. Stir together all ingredients in a medium-sized mixing bowl. Add to a mason jar with a fitted lid. Refrigerate and store overnight.

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*

