



Pumpkin Spice Overnight Oats



Ingredients:

- 2 tablespoons pumpkin purée
- 1 tablespoon chia seeds
- 1 packet of plain oatmeal
- 2/3 cup almond milk
- 1 tablespoon maple syrup
- ¼ teaspoon pumpkin pie spice
- a pinch of turmeric

Directions:

1. Place all ingredients together in a container and mix well.
2. Cover and refrigerate overnight, or a minimum of 2 hours.
3. In the morning, stir the oat mixture again before eating.

