

HARVEST APPLE PUMPKIN OVERNIGHT OATS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1

Nutrition (per serving)

Calories: 279

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 63 mg

Total Carbohydrate: 43 g

Dietary Fiber: 6 g

Total Sugars: 20 g

Protein: 15 g



Ingredients

- 1/3 cup rolled oats (use certified gluten free oats for GF version)
 - 1/3 cup non-fat milk
 - 1/3 cup non-fat, vanilla Greek yogurt
 - 1/4 teaspoon ground cinnamon
 - 1 teaspoon Splenda® brown sugar blend
 - 2 Tablespoons 100% pure pumpkin
 - 1/2 cup diced apple
- Garnish*
- 1 Tablespoon pumpkin seeds



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Directions

1. Combine the first seven ingredients in a jar and mix well.
2. Cover and refrigerate overnight.
3. Garnish with pumpkin seeds.
4. Serve cold.