

# Overnight Pumpkin Spice Oats



PREP TIME:  
5 MINUTES

REFRIGERATION:  
OVERNIGHT

COOK TIME:  
N/A

TOTAL TIME:  
6+ HOURS

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

## Ingredients:

- ½ - ¾ Cup Certified **Gluten Free** Rolled Oats (ideally organic)
- 1 Teaspoon Pumpkin Pie Spice
- ½ Scoop Vanilla Protein ([I use Truvani Vanilla](#))
- Pinch Himalayan Sea Salt
- 1 TBSP Chia Seeds
- 1 TBSP Flax Seeds
- ¾ - 1 Cup Unsweetened Coconut Milk (*or Your Preferred Non-Dairy Unsweetened Milk*)
  - *\*Add more for desired consistency the next day*
- 1 TBSP Organic Maple Syrup
- 1 teaspoon Pure Vanilla Extract
- 1 ½ TBSP Organic Unsweetened Almond Butter (*or other nut butter of choice*)
- Optional: 1 Scoop Collagen ([I use Truvani Marine Collagen](#))

## Instructions:

1. In a 16 oz. mason jar, add all dry ingredients: oats, pumpkin pie spice, protein, sea salt, chia and flax seeds. Stir to evenly combine.
2. Next add all liquid ingredients to mason: milk, syrup, and vanilla. Stir until combined. May need to add slightly more milk to loosen up texture.
3. Add almond butter in small dabs at a time. Stir gently.
4. Place lid on mason jar and refrigerate overnight.
5. **Serving Options:** Cold / Warmed in small pot / microwave about 30-45 seconds | Add additional liquid to desired consistency.

**\*Try and use all organic ingredients if possible.**