



**Issue 628**

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With just five minutes of prep time the night before, you'll have an easy grab-and-go breakfast that will keep you satisfied all morning. These hearty, pumpkin-spiced oats are packed with fiber, protein and cancer-fighting polyphenols. Whole grains like oats can improve your digestion, aid in weight control, and lower your risk for colorectal cancer.

**Pumpkin Spice Overnight Oats**

- 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

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

**Makes 1 serving.**

**Per serving:** 330 calories, 7 g fat, 50 g carbohydrate, 17 g protein, 8 g dietary fiber, 280 mg sodium.