



## Pumpkin Spice Latte Overnight Oats



Entire recipe: 207 calories, 4g total fat (<0.5g sat fat), 247mg sodium, 35.5g carbs, 7g fiber, 3g sugars, 7g protein

Freestyle™ [SmartPoints®](#) value 4\*

**Prep:** 5 minutes

**Chill:** 6 hours

Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [Single Serving](#)



### Ingredients

1 tsp. instant coffee granules  
1/2 cup old-fashioned oats  
1/2 cup unsweetened vanilla almond milk  
1/4 cup canned pure pumpkin  
2 packets no-calorie sweetener (like Truvia), or more to taste  
1/4 tsp. vanilla extract  
1/4 tsp. pumpkin pie spice, or more for topping  
1/4 tsp. cinnamon  
Dash salt  
Optional topping: fat-free plain Greek yogurt

### Directions

In a medium jar or bowl, combine coffee granules with 1/4 cup hot water. Stir to dissolve.

Add remaining ingredients and mix well.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

MAKES 1 SERVING

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.