



## 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

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**Prep:** 5 minutes

**Chill:** 6 hours

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### 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

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