



## 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

**Green Plan [SmartPoints](#)® value 4\***

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

**Purple Plan [SmartPoints](#)® value 0\***

**Prep:** 5 minutes

**Chill:** 6 hours



Tagged: [Breakfast Recipes](#), [Vegetarian 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.)

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