



## 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

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes

**Chill:** 6 hours

More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.