

# Pumpkin Pie Overnight Oats

Easy and delicious. Sweetened only with a little maple syrup. So nice to wake up and have breakfast already made.

## Categories

Gluten-free

Yields: 3 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Oatmeal (avena), regular cooking	1 cup
Flax seeds, not fortified	2 teaspoon
Chia seeds	2 teaspoon
Pumpkin puree, pumpkin	1 x 1/2 cup
Pumpkin pie spice	2 tsp
Salt, sea salt	1 dash
Vanilla extract	1 teaspoon
Almond milk, plain or original, unsweetened	1 cup
Maple syrup	1.5 tablespoon
Pecans, raw	2 tablespoon

## Instructions

Grind 2 tsp flax seed to make flax meal.

Mix all ingredients together in a bowl except for the pecan pieces.

Divide mixture into 3 small mason jars with lids. Refrigerate overnight.

Add chopped pecans as topping. Other optional toppings are - fruit, shredded coconut, almond butter, granola, chocolate chips or coconut whipped cream.