

Good Vibes Pumpkin Spice Overnight Oats

Creamy, cozy oats infused with pumpkin and warm spices—perfect for fall mornings when you want something nourishing and ready to go.

Ingredients (Serves 4, ~1 cup per serving):

- 2 cups old-fashioned rolled oats
- 1 ½ cups unsweetened almond milk (or milk of choice)
- ½ cup canned pumpkin purée
- 2 tbsp maple syrup (or honey)
- 1 tsp pumpkin pie spice
- ½ tsp vanilla extract
- Pinch of salt
- Optional toppings: chopped pecans, pumpkin seeds, dried cranberries



Instructions:

1. In a large bowl, whisk together milk, pumpkin purée, maple syrup, pumpkin pie spice, vanilla, and salt.
2. Stir in oats until well combined.
3. Divide mixture into 4 jars or containers, cover, and refrigerate at least 6 hours (or overnight).
4. In the morning, stir well and add toppings before serving.

Nutrition (per 1-cup serving, without toppings):

Calories: 240 | Protein: 7g | Carbs: 42g | Fat: 5g | Fiber: 6g | Sugar: 10g