



# PUMPKIN SPICE OVERNIGHT OATS

SERVINGS: 4

PREP TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

2 cups unsweetened non-dairy milk

1 tsp pumpkin pie spice

4-6 pitted dates\* (sub. maple syrup)

2 cups pumpkin puree

2 cups old fashioned rolled oats

Cinnamon to taste

## DIRECTIONS

1. Blend the non-dairy milk with the dates\* and pumpkin pie spice.

\*Skip this step and substitute with 1 T pure maple syrup.

2. In a medium bowl, combine the blended milk with the pumpkin puree and oats.

3. Cover and refrigerate overnight, or at least an hour.

4. Serve chilled or warm. Add more non-dairy milk as needed to your preferred texture.

### OPTIONAL TOPPERS:

Chopped walnuts, apples or pears.

## LOVE YOUR HEART: 3 REASONS TO INCLUDE OATS

- ♥ Oats help lower your cholesterol.
- ♥ Oats help decrease inflammation.
- ♥ The more oats you eat, the more effective they are for your heart.

\*Reference: The Prevent and Reverse Heart Disease Cookbook. A. C. Esselstyn, J. Esselstyn. Recipe adapted from Center for Nutrition Studies.



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