RECIPE

Pumpkin Pear Overnight Oats

Four jars of cold spiced oats with pumpkin and diced pear, a make-ahead breakfast for the week.

MAKES

4 servings US Metric

TOTAL

15 min

Ingredients

- [ ] 2 cups old-fashioned rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 ½ cups water
- [ ] 1 ½ cups plain nonfat Greek yogurt
- [ ] ¾ cup canned pumpkin puree, no salt added
- [ ] 2 ripe pears, cored and diced, skin on
- [ ] 2 tbsp maple syrup
- [ ] 2 tsp ground cinnamon
- [ ] ½ tsp ground ginger
- [ ] ¼ tsp ground nutmeg
- [ ] 2 tsp vanilla extract
- [ ] 0 tsp salt

Method

1. Stir the oats, chia, water, yogurt and pumpkin together in a large bowl until no streaks of pumpkin remain.
2. Stir in the maple syrup, cinnamon, ginger, nutmeg, vanilla and salt. Taste, and add a teaspoon more maple syrup if you like it sweeter.
3. Fold in the diced pears.
4. Divide among 4 jars or lidded containers, about 1¼ cups each. Close the lids.
5. Refrigerate at least 6 hours, or overnight. The oats are done when they are thick and the chia has swelled.
6. Stir and eat cold. If you warm a jar, heat it to 165 °F.