

PUMPKIN PIE IN A JAR

Start off your day with this balanced fall themed breakfast. This meal is packed with fiber and protein to keep you full throughout the day. Pumpkin is a great source of Vitamin A which is beneficial for healthy eyes, skin, and immune system.

Ingredients

1/2 cup steel cut oats
1/2 cup milk (low-fat or unsweetened almond milk)
1tbs chia seeds
1/2 cup 100% pure pumpkin puree
2 tsp pumpkin pie spice
1/2 cup plain or vanilla greek yogurt
1/4 cup granola
crushed pecans



Directions

- 1.) Measure out 1/4 cup of oats into a mason jar, followed by 1/4 cup milk and 1 tbsp of chia seeds. Mix with a spoon.
- 2.) Layer in 1/4 cup of pumpkin puree, 1 tsp pumpkin spice, and 1/4 cup of yogurt.
- 3.) Add 1/4 cup of oats on top followed by the other 1/4 cup of milk.
- 4.) Layer in another 1/4 cup of pumpkin puree, 1 tsp of pumpkin spice, and 1/4 cup of yogurt
- 5.) Lastly, sprinkle the pecans and granola on top.
- 6.) Place jar in refrigerator overnight (or for at least 3 hours to soak), take out in the morning and enjoy.