

Pumpkin Protein Overnight Oats:

Ingredients:

1/3 cup dry oats
½ cup nut milk choice, maybe more
3-4 Tbs puréed pumpkin (coconut yogurt or other yogurt)
1 tsp *each* of: flaxseed meal, hemp seeds and/or chia seeds
1 Tbs pumpkin seeds or sesame seeds
2 Tbs plain [pea protein powder](#) or [vegan vanilla Shakeology](#)
1 drop stevia (optional) or 2-3 tsp real maple syrup (optional)
½ tsp pumpkin pie spice
½ capful of vanilla extract



Morning of:

½ cup berries on top, you pick!
1 Tbs nut butter of choice: see what I love below.

Directions:

Mix together, stir completely, and refrigerate overnight. The morning of: warm slightly if you wish, top with fruit + 1 Tbs of your favorite nut butter and savor. I like [Jem Cinnamon Almond Maca](#) nut butter and Cashew Cardamom, [Living Tree](#) (sesame, almond butter, cashew and more!) and [Divine Crumb Nutty Blendz](#) (see LO Solutions product review on Divine Crumb: the Almond Cashew + Salted Caramel would be amazing on this recipe!!).

Bonus Tip: I like to lightly heat this up the morning of and then add the berries and nut butter. If you love it, then make 2-4 servings at a time for the week. Adjust ingredients as needed. Play with it, have FUN, enjoy your food! Try it for lunch or dinner too. Why not!?

Makes: 1 serving

Approximately: 350 Calories, 15 grams protein, 10 fiber

*** Remember to practice Conscious Eating and approximate calories are just a bonus!**

Lila Ojeda

#LOSolutions #DivineCrumb #LivingTree #JemNutButters #Breakfast #OvernightOats #Pumpkin
#HealthyBreakfast #HealthyLiving #RDApproved #Savor #MindfulEating #ConsciousEating



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