

PUMPKIN OVERNIGHT OATS

Ingredients:

- 1 scoop Youngevity Limited-Edition Pumpkin Spice Protein Shake
- 1/2 cup rolled gluten-free oats
- 1/2 cup almond milk
- 2 tbsp pumpkin purée
- 1/2 tsp pumpkin pie spice
- Optional: chia seeds or maple syrup



Directions:

1. Combine all ingredients in a jar.
2. Stir, seal, and refrigerate overnight.
3. Top with pecans or whipped topping in the morning.