



PROTEIN-PACKED PUMPKIN SPICE OVERNIGHT OATS

High Protein / Gluten-Free / Clean Eating

Recipe featured on MariGoldFoods.com

INGREDIENTS:

- 1/2 cup old-fashioned gluten-free oats
- 1 scoop MariGold Pumpkin Spice Whey Isolate Protein Powder
- 1 cup unsweetened almond milk (or your preferred milk)
- 1 tablespoon chia seeds
- 2 tablespoons pumpkin puree
- 1-2 tablespoons sweetener of your choice (such as maple syrup or a sugar substitute)
- Optional toppings: Chopped nuts (try our Keto Pecans!), granola, a drizzle of honey or syrup, a sprinkle of pumpkin spice



Featuring MariGold
Pumpkin Spice
Whey Isolate Protein Powder
(MariGoldFoods.com)

DIRECTIONS

1. In a bowl or jar, mix the old-fashioned oats, Pumpkin Spice Whey Isolate Protein Powder, and chia seeds.
2. Pour in the unsweetened almond milk, and add the pumpkin puree. Stir well to combine all the ingredients.
3. Add your preferred sweetener to the mixture. Adjust the sweetness according to your taste preferences.
4. Ensure all ingredients are well combined. You can adjust the liquid content based on your desired consistency.
5. Cover the bowl or jar and place it in the refrigerator. Let it sit overnight or for at least 4-6 hours. This allows the oats and chia seeds to absorb the liquid and create a creamy texture.
6. The next morning, give the mixture a good stir. If it's too thick, you can add a bit more almond milk. Top with optional toppings like chopped nuts, a drizzle of honey or syrup, and a sprinkle of pumpkin spice.

