

Recipe for

OVERNIGHT PUMPKIN OATMEAL

EQUIPMENT NEEDED Large container with lid or mason jar with lid, measuring cup, measuring spoon

ESTIMATED COST \$3.30 COST PER SERVING \$1.65 SERVES 2

INGREDIENTS

- 1 cup old-fashioned rolled oats
 - ¼ cup canned pumpkin puree
 - 1 tbsp maple syrup
 - ½ tsp ground cinnamon
 - ½ tsp vanilla extract
 - 1 ½ cups milk (or milk alternative)
 - 2 tbsp raisins
- To taste, Salt

METHOD OF PREPARATION

1. In a large container, mix oats, pumpkin puree, maple syrup, ground cinnamon, vanilla extract, milk, raisins, and a pinch of salt. Cover and refrigerate for a minimum of 4 hours or overnight.
2. Can be enjoyed cold or warmed slightly when ready to serve.

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NUTRITION INFORMATION

Overnight Pumpkin Oatmeal		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	282.4 kcal	14 %
Total Fat	3.3 g	5 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	3.7 mg	1 %
Sodium	82.1 mg	3 %
Total Carbohydrate	53.1 g	18 %
Dietary Fiber	5.5 g	22 %
Sugars	23.6 g	
Protein	11.8 g	24 %
Vitamin A	70 % • Vitamin C	1 %
Calcium	27 % • Iron	11 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

HEALTH BENEFITS

Pumpkins are rich in Vitamin C, which helps boost your immune system.

Vitamin C helps to increase white blood cell products, increasing your ability to fight off infections and increase wound healing.

HEALTH BENEFITS

Oats are considered a superfood and one of the most nutrient-rich foods to consume. It is high in manganese, phosphorus, magnesium, vitamin B1, and copper. It is also a great source of soluble fiber, which can improve digestion and leave you feeling fuller longer.



References:

1. Recipe provided by Kelley Robertson.

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