

Pumpkin Cranberry Overnight Oats

Ingredients



1 tsp
ground allspice



1 tsp
ground ginger



1 tsp
ground cinnamon



1 tsp
ground nutmeg



1 cup
vanilla yogurt



2 1/4 tsp
honey



3/4 cup
dried cranberries

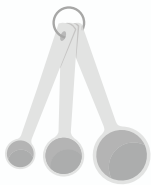


3/4 cups
canned pumpkin puree



3 cups
quick oats

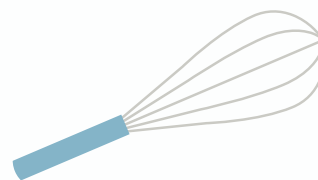
Kitchen Tools



measuring
spoons



some sort of
small container



whisk



mixing bowl

Pumpkin Cranberry Overnight Oats

Method

Remember to wash your hands before you begin cooking!



1

Mix the cinnamon, nutmeg, ginger, and allspice. If you have pumpkin pie spice blend you may use $1\frac{1}{3}$ tablespoons of that.



2

In a bowl, whisk together all ingredients and portion into serving cups.



3

Add $\frac{1}{2}$ cup of water to each cup. Cover and chill overnight.



4

Serve and Enjoy!