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Brighten your mornings with overnight oats and a DIY pumpkin latte!

Hi ,

I'm caught between summer and fall—my inner clock is craving hearty soups and cozy stews, but the Austin, TX heat keeps calling for something cool and refreshing.

To satisfy that craving, I've developed a new obsession this month: overnight oats. I never really liked them until one night, while mindlessly scrolling social media, I stumbled upon Princess Diana's version. I decided to reinvent it WFPB-style and give it another try—and now I'm completely hooked.

Recipe

[Princess Diana's Overnight Oats \(WFPB\)](#) are citrus-kissed oats are soaked overnight creating a light yet luscious breakfast that feels like sunshine in a bowl.

As the oats soak, they absorb tangy citrus and creamy non-dairy yogurt,



creating a smooth, naturally sweet, and fiber-packed breakfast. Shredded apples and juicy blueberries add a refreshing sweetness and antioxidant boost, perfect for supporting your immune system. The orange juice tenderizes the oats while the yogurt adds probiotics and silky balance, making each bite satisfying and delicious.

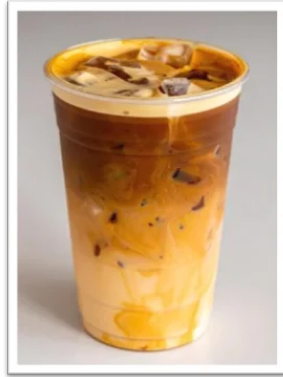
Try this one swap!

With the holidays right around the corner, this is when I start to strategize. I look for ways to reinforce healthy food choices, shed a few extra pounds, and keep stress levels low. It's my way of entering the season feeling balanced, energized, and ready to enjoy every celebration—without losing sight of the habits that make me feel my best.

This week, I'm starting with **one simple swap**. Instead of stopping for an iced pumpkin latte at the coffee shop, I'm making one at home using my [DIY Pumpkin](#)

[Spice Mix](#) (featured in Issue 10, *It's Pumpkin Season — They Are PLANTifull Right Now and More Than Just for Lattes!*, September 15, 2025).

Depending on your choice of plant-based milk, this DIY Pumpkin Latte comes in at roughly 45–100 calories per serving—a traditional 16 fl oz Iced Pumpkin Spice Latte, clocks in around 370 calories with 2% milk and whipped cream, or a 12 fl oz at about 274 calories. And the best part? It's just as cozy, perfectly seasonal, and far healthier. ☕🍂



DIY Iced Pumpkin Latte

1 cup brewed strong coffee
¾ cup unsweetened plant-based milk
(*almond, soy, oat, or cashew*)
1 teaspoon maple syrup or agave
½ teaspoon vanilla extract
½ teaspoon [DIY Pumpkin Spice Mix](#)
ice filled to brim
Optional: pinch of sea salt for balance

Speaking of the holidays

Thanksgiving can be one of the trickiest holidays to navigate when you're plant-based. From planning the menu to balancing different diets at the same table, it's easy to feel overwhelmed before the cooking even begins.

[Linda Tyler of Gracious Vegan](#) is offering a **free Zoom class on Wednesday, November 12 at 5:00 pm Pacific / 8:00 pm Eastern**: "Smart Planning for a Plant-Based Thanksgiving."

Join her and take the stress out of planning, so you can focus on enjoying the day and the food. You'll leave with a **customizable planning template**, fresh ideas, and the confidence to create a holiday that truly works for you.

Register today!

Savor autumn, the PLANTifull way

I hope you give these overnight oats and simple iced latte swap a try—hit reply and let me know what you think! Keep an eye on upcoming newsletters for more easy, delicious ways to make your favorite seasonal treats a little healthier, without sacrificing any flavor. Here's to a cozy, PLANTifull season! 🍂🍁

Peas n health,

~ Donna

P.S. ~ If you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Feel free to direct them to my [home page](#), [join page](#), follow on [instagram](#), or any individual [blog post](#). Your support means the world to me!

P.S.S. – Is this your first time receiving my newsletter? You can [view past issues here](#), and be sure to [subscribe](#) so you don't miss future ones!



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Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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