

Carrot Cake Overnight Oats

1 Serving

- 50 g rolled oats
- 120 g Greek yogurt
- 120 g milk, dairy or non-dairy
- ¼ C carrots, finely grated
- ½ T maple syrup or honey (10 g)
- ½ tsp vanilla extract
- ½ tsp cinnamon
- Pinch ground ginger
- Pinch ground nutmeg
- 1 T raisins (optional)
- 1 T walnuts, chopped, for texture



1. **Mix the wet ingredients:**
 - In a large bowl, add **Greek yogurt, milk, maple syrup, vanilla, cinnamon, ginger, and nutmeg.**
 - Whisk until smooth and creamy.
2. **Add carrots and oats:**
 - Stir in **carrots** and **raisins.**
 - Add **oats** and mix well.
3. **Chill overnight:**
 - Cover the bowl and place in the fridge for **at least 6 hours**, or **overnight**, so the oats soften.
4. **Stir and serve:**
 - In the morning, stir the oats. If too thick, add a splash of milk.
 - Enjoy cold, or warm briefly in the microwave.
5. **Optional toppings:**
 - **Walnuts** (chopped), **maple syrup**, and a sprinkle of **cinnamon.**

Tips

- Finely grate carrots → softer, smoother oats
- Stir well before chilling → no dry oats
- Adjust thickness → add milk if too thick
- Warm briefly → 20–30 sec boosts flavor
- Taste before serving → add maple if needed
- Add crunch last → keeps nuts crispy
- Store in fridge → keeps well for 3–4 days

Nutrition (1 serving)

440kcal / Carbs: 63g / Protein: 22g / Fat: 12g / Sat Fat: 1g / Sodium: 228mg / Fiber: 8g / Sugar: 22g