This easy oatmeal recipe is packed with many of the delicious ingredients you’d typically find in a carrot cake. Not only does it taste great, it is also high in fibre to help keep you feeling full and energized throughout the morning. Try making a larger batch at the beginning of the week – individual portions can easily be reheated for a few days.

Nutritional Analysis per serving:
275 calories, 10 g fat, 8 g protein, 41 g carbohydrate (36 g available carbohydrate), 5 g fibre, 160 mg sodium

My Viva Servings: 2 grains, 1 protein, 1 fat
**Carrot Cake Oatmeal**

**Serves 4 (3/4 cup per serving)**

**Ingredients:**

- 1 cup coarsely grated carrots
- 1 cup old-fashioned large flake oats
- 3 tbsp maple syrup
- ¼ cup raisins or dried cranberries
- 1 tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp salt
- 1 tsp vanilla
- ½ cup milk (1%)
- ½ cup nonfat vanilla Greek yogurt
- ¼ cup chopped pecans
- ¼ cup unsweetened flaked coconut (optional)

**Preparation:**

1. In a medium saucepan, bring 3 cups water to a boil over medium-high heat.
2. Add grated carrots and cook, stirring occasionally, until tender, about 5 minutes.
3. Reduce heat to medium-low and add oats, maple syrup, raisins, cinnamon, ginger, cloves, salt and vanilla. Cook, stirring occasionally, until oats are tender and mixture is thickened, about 8 – 10 minutes.
4. Stir in milk and cook until thickened and creamy, about 3 minutes.
5. Remove from heat and divide mixture into four portions. Top each portion with yogurt, chopped pecans and coconut, dividing equally.
6. Serve and enjoy!

**Note:** Oatmeal can be prepared ahead (without toppings) and refrigerated. It can be served reheated with some added milk or water, or served chilled if desired.

**Did You Know?** Oats are an incredible source of carbs and fiber, including the beta-glucan fiber that may help reduce cholesterol and blood sugar levels, and improve gut bacteria.

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