

Carrot Cake Oatmeal

Give It
A Try



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



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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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