

Carrot Cake Overnight Oats



1 servings

Prep Time: 10 min Cook Time: 0 min

1/3 c. regular oats

1/3 c. plain Greek yogurt

1/3 c. unsweetened almond milk

pinch of sea salt

1/3 c. grated carrot

1/4 t. orange extract or grated orange peel

1/8 t. each nutmeg, cinnamon, ground ginger

1 T. maple syrup

1 T. toasted walnuts

The night before: In a jar or container with a tight fitting lid, mix oats, Greek yogurt, almond milk and sea salt until well combined. Stir in grated carrot, orange extract, nutmeg, cinnamon, ginger and maple syrup. Seal tightly and refrigerate for 4 hours or up to 3 days. Top with 1 tablespoon toasted walnuts. This type of oatmeal is eaten cold.

Nutrition Facts per serving

Calories 338 , Protein 14 g, Carbohydrate 40 g, Total Fat 13 g, Saturated Fat 3 g, Fiber 4 g, Sugar 18 g, Sodium 357 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.