

CARROT CAKE BAKED OATMEAL

NUTRITION FACTS

Serving Size: 1/4 square piece (recipe makes about 4 servings)

Calories: 320 | Carbohydrates: 53g | Protein: 8g | Total Fat: 9g | Saturated Fat: 3g | Fiber: 7g | Sodium: 69mg

INGREDIENTS

- 2 cups Oats
- 2 Tbsps Ground flax seed
- 1/2 tsp Ground ginger
- 2 Carrots (small, peeled and grated)
- 1 1/2 cups Oat milk (can use milk of choice)
- 1/4 cup Maple syrup (plus extra for drizzling)
- 1/4 cup Unsweetened applesauce
- 1/4 cup Whipped cream (can use coconut cream)

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a bowl, mix together the oats, flax seed, and ground ginger. Stir in the grated carrot, oat milk, maple syrup, and applesauce. Pour the mixture into a 8x8 baking dish.
3. Bake for 30 minutes or until cooked through. Allow it to cool for ten minutes. Serve onto plates, top with whipped cream or coconut cream and maple syrup, if using, and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to five days. Enjoy cold, or reheat before serving.

More Flavor: Add grated apple, cinnamon, and/or nutmeg.





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