Carrot Cake Overnight Oats

**INGREDIENTS**

**Dry ingredients:**
- 1 cup rolled oats
- 3 TBSP raisins
- 1/4 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon

**Wet ingredients:**
- 3/4 cup skim or (1%) milk or nondairy beverage
- 2 TBSP honey or brown sugar
- 1 teaspoons vanilla extract
- 1 cup shredded carrots

**INSTRUCTIONS**

Mix dry ingredients together.

In a separate bowl, whisk honey or brown sugar, vanilla, and carrots into milk. Stir dry mixture into wet carrot mixture.

Place mixture in ball jar or glass container and cover.

Set container in the refrigerator overnight or for at least 4 to 6 hours. If desired, top with plain or vanilla Greek yogurt and chopped walnuts. Makes 3 servings.

SERVING SIZE: 1/3 of recipe

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Per Serving: Serving size: 1/3 of recipe = 198 calories, 2g total fat, 1g saturated fat, 32 mg sodium, 39g carbohydrates, 4g dietary fiber, 5g protein.

When eaten as part of a general healthy diet...
Oats: Contain a Soluble Fiber Called Beta-Glucan that may help lower cholesterol levels and protect LDL cholesterol from damage. Oats help control blood sugar when eaten in moderation and can be filling to help with weight loss.
Carrots: Contain Beta Carotene for good eye health and fiber for cholesterol management.
Top recipe with plain Greek yogurt and nuts for protein and a little healthy fat.

(Adapted from fitfoodiefinds.com)