

Carrot Cake Oatmeal

Serves 1-2

Time 15 minutes

Vegan

Common Allergens Tree nuts

Ingredients

- 1 cup water or oat milk (or more as needed)
- ½ cup rolled oats
- ½ cup grated carrots (about 1 to 1 1/2 carrots)
- 2 tablespoons raisins
- ¼ cup walnuts, chopped
- 1-2 teaspoons maple syrup
- ½ teaspoon cinnamon
- pinch of salt

Notes

- Optional ingredients include flax or chia seeds for extra protein and fiber (add towards the end if you don't want them to become gelatinous), toasted coconut, vanilla extract, or cream cheese or yogurt as a topping at the end. You could also add small amounts of other ground spices such as ginger, nutmeg, cloves, or allspice.



Instructions

1. In a saucepan, bring water or oat milk to a boil.
2. Add oats, grated carrots, and raisins. Simmer for about 5 minutes, uncovered, stirring occasionally, until oats are cooked. Add more liquid if necessary to reach desired consistency.
3. Add remaining ingredients and stir. Serve warm.