

Carrot Cake Overnight Oats

The Vegan Gym • Breakfast • GF

611 cal • 27g protein • 77g carbs • 25g fat • 4 servings

Ingredients

- 2 cups rolled oats (160g)
 - 4 tbsp chia seeds (40g)
 - 8 tbsp hemp seeds (80g)
 - 8 tbsp grated carrot (64g)
 - 2 tsp cinnamon
 - 1 tsp ground ginger
 - 2 tsp vanilla extract
 - 4 tbsp maple syrup
 - 2!T cups unsweetened soy milk
 - 1 cup Kite Hill Greek-style yogurt
 - 4 small bananas
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Instructions

1. In a large bowl or 4 separate containers, combine rolled oats, chia seeds, hemp seeds, grated carrot, cinnamon, ground ginger, and vanilla extract.
 2. Add maple syrup, soy milk, and Greek-style yogurt. Mix thoroughly.
 3. Cover and refrigerate overnight (or at least 6 hours).
 4. In the morning, stir well. The oats should be thick and creamy.
 5. Top each serving with sliced banana.
 6. Enjoy cold or heat in the microwave for 1-2 minutes if preferred.
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Generated by Meal Planner • Per serving macros