

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

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.

Generated by Meal Planner · Per serving macros