

Carrot Cake Oatmeal

When you think of carrot cake, most of the ingredients are actually quite healthy!



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

231 kcal

INGREDIENTS

- 1/2 c oats
- 1 c water
- 1 pinch salt
- 2 Tbsp applesauce unsweetened
- 2 Tbsp carrot shredded
- 1 Tbsp Raisins
- 1 Tbsp coconut flakes
- 1/4 tsp cinnamon
- 1/8 tsp ginger powder
- 1/8 tsp nutmeg
- 1/8 tsp vanilla extract

INSTRUCTIONS

1. In a small saucepan, bring water to a boil. Add a small pinch of salt to the water.
2. Turn the heat to low, then add all of the remaining ingredients.

3. Stir to incorporate once. Then cover and allow to cook undisturbed for 5-7 minutes until water has just absorbed. Then turn off heat and let sit for 5 minutes before serving.
4. Note: The length of time this takes to cook will depend on the type of oats you use (ie quick oats vs whole oats). You may peek under the lid every couple of minutes once it's covered but do not stir.

NUTRITION

Nutrition Facts

Carrot Cake Oatmeal

Amount Per Serving	
Calories	231 Calories from Fat 54
	% Daily Value*
Fat 6g	9%
Saturated Fat 3g	19%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Sodium 25mg	1%
Potassium 314mg	9%
Carbohydrates 42g	14%
Fiber 7g	29%
Sugar 11g	12%
Protein 6g	12%
Vitamin A 5050IU	101%
Vitamin C 23.1mg	28%
Calcium 20mg	2%
Iron 2.2mg	12%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!