



CARROT CAKE BAKED OATMEAL

SERVES: 12 (approx. 1 muffin cup each) **Prep Time: 15 min. Cooking Time: 30 min.**

CONTAINER EQUIVALENTS (per serving): 1

FOR MUFFINS:

1 cup	unsweetened coconut milk beverage
2	large eggs, lightly beaten
¼ cup	pure maple syrup
1 tsp.	pure vanilla extract
¾ cup	grated carrots (approx. 1¼ medium)
¼ cup	crushed pineapple, in 100% pineapple juice, drained
2 cups	dry old-fashioned rolled oats
1 tsp.	baking powder, gluten-free
½ tsp.	ground cinnamon
¼ tsp.	ground ginger
¼ tsp.	ground nutmeg
¼ tsp.	sea salt (or Himalayan salt)

FOR ICING:

3 Tbsp. + ½ tsp.	reduced-fat sour cream
3 Tbsp. + ½ tsp.	powdered sugar

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by lining with muffin papers. Set aside.
3. To make muffins, combine coconut milk, eggs, maple syrup, extract, carrots, and pineapple in a medium bowl; mix well. Set aside.
4. Combine oats, baking powder, cinnamon, ginger, nutmeg, and salt in a large bowl; mix well.
5. Fold coconut milk mixture into oat mixture; mix well.
6. Evenly divide batter between prepared muffin cups, mixing frequently to ensure there are both oats and liquid in each cup.
7. Bake for 30 minutes, rotating pan after 15 minutes.
8. While oatmeal cups are baking, make icing. Combine sour cream and powdered sugar in a small bowl; mix well. Set aside.
9. Let oatmeal cups cool in pan until you can handle them. Remove to a cooling rack.
10. Drizzle each oatmeal cup with approximately 1 tsp. icing before serving; serve warm.

RECIPE NOTE:

As soon as oatmeal cups are cool, place in an airtight container and store in the refrigerator for up to 4 days. If storing longer, place in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): **Calories: 105 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 32 mg Sodium: 73 mg Carbohydrates: 18 g Fiber: 2 g Sugars: 8 g Protein: 3 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.