

Carrot Cake Baked Oatmeal

6 servings

1 hour 15 minutes

This Carrot Cake Baked Oatmeal is packed with good-for-you carrots, only a little sugar, and pops of sweetness from raisins and a cheesecake-inspired topping.

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| 1 | 1 pound | carrots | Preheat the oven to 375°F. Peel or scrub the carrots, then slice them into rounds. Boil or steam the carrots until they are extremely soft (I steamed for 15 minutes, but this will depend on the size of your carrots). |
| 2 | 2 large 1/3 cup 1/2 teaspoon 1/4 teaspoon 1 teaspoon 1/2 teaspoon | eggs brown sugar cinnamon ground nutmeg baking powder salt | Place the cooked carrots in a large bowl and mash with a potato masher. Add the eggs, brown sugar, cinnamon, nutmeg, baking powder, and salt. Whisk these ingredients together until well combined. |
| 3 | 2 cups 3 cups 1/3 cup 1/3 cup | milk old-fashioned rolled oats chopped walnuts raisins | Add the milk to the bowl and whisk until combined again. Finally, add the rolled oats, walnuts, and raisins and stir with a large spoon until combined. Pour the oat mixture into a 3 quart casserole dish coated with non-stick spray. |
| 4 | 4 ounces 1 large 1/4 teaspoon 1 teaspoon 2 tablespoons | cream cheese, room temperature egg yolk vanilla extract lemon juice sugar | In a separate small bowl, combine the cream cheese, egg yolk, vanilla, lemon juice, and sugar. Whisk or stir with a fork until smooth. If needed, microwave for 15 seconds to slightly warm the cream cheese mixture so it is slightly more fluid, then drizzle it over the oat mixture in the casserole dish. Bake the Carrot Cake Oatmeal for 45 minutes, or until the cream cheese mixture is slightly golden brown on top. Serve immediately, or divide into single portions, then refrigerate. |

Nutrition Facts

Carrot Cake Baked Oatmeal

Amount per Serving

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|--------------------------|-------|
| Calories (kcal) | 438.3 |
| Fat (g) | 14.82 |
| Carbohydrates (g) | 59.2 |
| Fiber (g) | 6.88 |
| Protein (g) | 13.28 |

Re-produced from *Carrot Cake Baked Oatmeal*¹

¹Beth Moncel. *Carrot Cake Baked Oatmeal*. June 2019. URL: <https://www.budgetbytes.com/carrot-cake-baked-oatmeal/>.