

## Lower Carb Carrot Cake Baked Oatmeal

6 servings

1 hour 15 minutes

*This Carrot Cake Baked Oatmeal is adapted from the original recipe to be lower in carbohydrates.*

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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<br>1/3 cup<br>1/2 tsp<br>1/4 tsp<br>1 tsp<br>1/2 tsp | eggs<br>Swerve Brown Sugar Replacement<br>cinnamon<br>ground nutmeg<br>baking powder<br>salt      | Place the cooked carrots in a large bowl and mash with a potato masher. Add the eggs, Swerve Brown Sugar Replacement, cinnamon, nutmeg, baking powder, and salt. Whisk these ingredients together until well combined.                  |
| 3 | 2 cups<br><br>3 cups<br><br>1/3 cup<br>1/3 cup               | CARBmaster<br>Ultra-Filtered Skim Milk<br>old-fashioned rolled oats<br>chopped walnuts<br>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	cream cheese, room temperature
	1 large	egg yolk
	1/4 tsp	vanilla extract
	1 tsp	lemon juice
	2 tbsps	Swerve Granular Zero Calorie Sweetener

In a separate small bowl, combine the cream cheese, egg yolk, vanilla, lemon juice, and Swerve Granular Zero Calorie Sweetener. 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

Serving Size: 1

Servings per Recipe: 6

**Amount per Serving**

**Calories (kcal)** **308.78**

**Fat (g)** 12.96

Saturated Fat (g) 3.67

Trans Fat (g) 0.0

Polyunsaturated Fat (g) 0.0

Monounsaturated Fat (g) 0.0

**Cholesterol (mg)** 106.0

**Sodium (mg)** 370.35

**Carbohydrates (g)** 55.9

Sugar Alcohols (g) 18.67

Sugar (g) 8.71

Fiber (g) 4.98

**Protein (g)** 13.14

<b>Calcium</b> 186.92 mg	<b>Iron</b> 2.17 mg
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<b>Phosphorus</b> 0.0 mg	<b>Potassium</b> 238.48 mg
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<b>Riboflavin</b> 0.0 mg	<b>Vitamin A</b> 72.72 IU
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<b>Vitamin C</b> 0.0 mg	<b>Vitamin D</b> 52.67 IU
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<b>Vitamin E</b> 0.0 IU	<b>Zinc</b> 0.0 mg
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Re-produced from *Carrot Cake Baked Oatmeal*<sup>1</sup>

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