



Serves 2 to 4
Preparation Time: 10 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup certified gluten-free rolled oats

2 tablespoons flaxseed meal

1 tablespoon chia seeds

1½ teaspoons ground cinnamon, plus more for serving

½ teaspoon ground ginger

½ teaspoon ground cardamom

Pinch of grated nutmeg

Pinch of salt

1½ cups unsweetened, unflavored soy milk or preferred non-dairy milk, plus more for serving

2 ripe bananas, mashed (about ¾ cup)

2 carrots, grated (about ¾ cup)

5 Medjool dates, finely chopped (about ½ cup)

1 teaspoon pure vanilla extract or vanilla bean paste

⅓ cup chopped raw nuts, such as almonds, pistachios, or walnuts

Pure maple syrup

Gājjar No Halvo Baked Oatmeal

Gājjar no halvo, also known as gājjar kā halwā, is a carrot-based dessert made of grated carrots slowly cooked in milk and sugar. Its comforting warmth will soothe you on any cold day. A nutritious dessert that's rich in anti-inflammatory compounds, fiber, and omega-3 fatty acids, this dish beats out even the heartiest breakfasts. Popping everything in the oven makes the process much simpler. Feel free to top with warmed nondairy milk and a drizzle of maple syrup after baking to make the consistency thinner and to sweeten it. To make this recipe gluten-free, be sure to use certified gluten-free oats.

*From **Plant-Based India: Nourishing Recipes Rooted in Tradition**. To learn more, check out [our Q&A with cookbook author Sheil Shukla, DO](#).*

By Sheil Shukla, DO

- 1 Preheat the oven to 350°F.
- 2 In a large bowl, mix together the oats, flaxseed, chia, cinnamon, ginger, cardamom, nutmeg, and salt in a large bowl until well combined.
- 3 Add the soy milk, bananas, carrots, dates, vanilla, and half of the chopped nuts, and mix until thoroughly combined.
- 4 Transfer the mixture to an 8- to 9-inch round, square, or oval baking dish. Sprinkle with the remaining nuts and bake until the oats and carrots are tender, about 30 minutes.
- 5 Serve warm with a bit of warmed milk, a drizzle of maple syrup, and a pinch of ground cinnamon. Keep leftovers in the refrigerator for a few days and reheat with more milk as needed.