



Makes 1½ cups

Preparation Time: 5 minutes

Cook Time: 2 hours 10 minutes

INGREDIENTS:

½ cup rolled oats

½ cup shredded carrot

2 Medjool dates, pitted and chopped

1 tablespoon ground flaxseeds

1 tablespoon pumpkin seeds

1 teaspoon ground cinnamon

Pinch of ground nutmeg

1 cup unsweetened almond milk, plus more for serving

Toppings such as hemp seeds, chopped pecans, almond butter, and/or raisins (optional)

Carrot Cake Overnight Oats

Carrot cake for breakfast? Yum! Naturally sweet grated carrots and almond milk add to the dessert-like taste of these overnight oats. This easy vegan breakfast bowl is also laced with cinnamon and nutmeg, the classic **carrot cake** spices. The final texture will depend on how fine you shred the carrots. Smaller threads will melt into the softened oats, while coarsely grated carrots will have more of a crunch. The recipe serves one but is easy to double or quadruple if you want to make enough for the family or for a couple of days. And don't forget the toppings! Along with flavor, they can add extra fiber and nutrients to your morning meal.

Recipe from carolynspantry.com

By Carolyn Yachanin

- 1 Combine the oats, carrot, dates, flaxseeds, pumpkin seeds, cinnamon, nutmeg, and almond milk in a glass jar.
- 2 Cover and chill for 2 hours, or up to 2 days. Stir in toppings (if desired) and add additional milk, if needed.