



# Carrot Cake Oatmeal

1 bowl

## INGREDIENTS

- 1/2 Cup old-fashioned oats
- 1/2 Cup shredded carrots
- 3/4 Cup water or milk
- 1 Tsp cinnamon
- Optional add ins: 1 tbsp maple syrup or 1 tsp vanilla extract, walnuts, raisins, yogurt.

## DIRECTIONS

1. Boil 3/4 cup water or milk over a stove in a small saucepan.
2. Once boiling, add in oats, cover and reduce heat for 3-5 minutes.
3. Once oats have softened, stir in cinnamon, carrots, and maple syrup or vanilla extract if desired. Mix over medium heat for 2-3 minutes until no milk or water is left.
4. Add in nuts, raisins or yogurt as desired. Serve hot!

\*Recipe adapted from Plant Based on a Budget

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