

## Carrot Cake Overnight Oats

Overnight oats are an easy way to prep breakfast for on-the-go and what better way to spice up that boring oatmeal than to turn it into a healthier version of a classic dessert!

### INGREDIENTS

- ½ cup old-fashioned oats, uncooked
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- 1 tablespoon shredded coconut, unsweetened
- 2 tablespoons chopped walnuts
- ¼ cup shredded carrots
- ½ teaspoon vanilla
- 1 tablespoon pure maple syrup (optional)
- ¾ cup milk or plain unsweetened plant-based milk
- 2 tablespoons raisins (optional)



### INSTRUCTIONS

1. Select a container for your overnight oats, such as a mason jar or glass storage container with a tight fitting lid.
2. Layer as follows: oats, cinnamon, allspice, coconut, walnuts, carrots, raisins.
3. Pour vanilla, maple syrup, and milk over oat mixture.
4. Cover and refrigerate overnight.
5. The next day, stir together with a spoon and enjoy cold or warm.

\* Recipe adapted from <https://www.bluezones.com>