



# Carrot Cake Overnight Oats

## INGREDIENTS

- ½ cup old-fashioned oats
- ¾ cup non-fat milk
- ¼ cup shredded carrot
- 2 tsp honey
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla
- 1/ teaspoon ground ginger
- 2 Tbsp raisins (optional)
- 2 Tbsp chopped walnuts, chopped (optional)

## DIRECTIONS

1. Combine all ingredients into a bowl and mix together until combined.
2. Store covered in the refrigerator overnight.
3. Give it a quick stir in the morning and enjoy cold or heated.



*Recipe featured in Wellness 720 Avondale*