



carrot cake overnight oats

prep time: 10 min

cook time: 0 min

servings: 2

Ingredients:

- 1 cup rolled oats
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 cup grated carrots
- 2 tablespoons maple syrup
- 2 cups almond milk
- 2 tablespoons raisins
- 2 tablespoons shredded unsweetened coconut
- 2 tablespoons of hemp seeds
- 2 tablespoons crushed pecans

optional toppings

- coconut yogurt
- bananas
- extra shredded unsweetened coconut

Directions:

1. Mix all the ingredients into a medium bowl and then transfer to mason jars or other glass containers.
2. Cover and refrigerate overnight.
3. Enjoy in the morning with coconut yogurt and sliced banana.