

Carrot cake overnight oats

All the yummy flavours of carrot cake transformed into a bowl of oats. A comforting and satisfying breakfast that can be prepared quickly the night before. These flavours would also work well mixed into a bowl of warm cooked porridge.



- Serves : **2**
- Prep : **5 min (+ overnight soaking)**
- Cook : **0 min**

- Vegetarian
- Breakfast

Ingredients

- 1 cup rolled oats
- 2 teaspoons chia seeds
- 1 cup skim milk
- ¼ cup Greek yoghurt
- 1 carrot, grated
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- Extra Greek yoghurt, to serve
- 1 sprinkle pepitas

Method

- 1.** In a small bowl combine the oats, chia seeds, milk, yoghurt, grated carrot, cinnamon and nutmeg. Stir well to combine, then cover and store in the fridge overnight to soak.
- 2.** The following morning, serve the carrot cake oats with an extra dollop of Greek yoghurt and a sprinkle of pepitas. Enjoy!