

# Overnight Carrot Cake Oatmeal

Overnight oatmeal is a healthy and easy breakfast. This recipe gives a nod to carrot cake and its sweet flavor makes this a great breakfast food or a snack.

1 can (12-14oz) sliced carrots, drained

1 cup milk

1/3 cup old fashioned oats

1/3 cup raisins

1/2 teaspoon cinnamon

2 tablespoons sugar (or to taste)

1. Add carrots and milk into a blender. Blend until smooth. Pour into a large jar with lid.
2. Stir in oats, raisins, cinnamon, and sugar. Mix well.
3. Cover and place in refrigerator for 8 hours or overnight.
4. Serve chilled with a splash of milk or cream. May also be microwaved briefly to warm before serving.
5. Yields two servings.



## Nutrition Minute: Oatmeal

1 cup cooked oatmeal  
158 calories  
3.2g Fat  
0g Cholesterol  
115mg Sodium  
143mg Potassium  
27g Carbohydrates  
4g Fiber  
1g Sugar  
6g Protein  
Vitamin A, Calcium, Vitamin D, Iron, Vitamin B-6, Magnesium

### Health Benefits-

Eating oatmeal is proven to lower bad cholesterol (LDL).

High in fiber, oatmeal helps you feel fuller for longer, eases constipation, and helps control blood sugar levels.