



Carrot Cake Oatmeal

Prep Time: 10 min
Cook Time: 5-10 min
Serves 2

INGREDIENTS

- 1 cup oatmeal
- 2 cups water
- ½ cup grated carrots
- ¼ cup raisins
- ½ apple, chopped
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 2 tablespoons brown sugar
- ¼ teaspoon salt

Optional:

- 2 tablespoons roasted sunflower seeds or chopped almonds
- ¼ cup vanilla yogurt

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Add 2 cups of water to a pot and heat over medium high heat. Bring to a boil.
2. Add the oatmeal, carrots, raisins, apple, cinnamon, ginger, nutmeg, brown sugar, and salt.
3. Cook 5-10 minutes until most of the water is absorbed, stirring regularly.
4. Serve topped with roasted sunflower seeds or almonds and a dollop of vanilla yogurt, if desired.