

## **Carrot Cake Oatmeal**

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

Serves 2

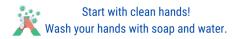
## **INGREDIENTS**

- 1 cup oatmeal
- 2 cups water
- ½ cup grated carrots
- 1/4 cup raisins
- ½ apple, chopped
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 2 tablespoons brown sugar
- ¼ teaspoon salt

## **Optional:**

- 2 tablespoons roasted sunflower seeds or chopped almonds
- 1/4 cup vanilla yogurt

## **DIRECTIONS**



- 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.





