

Carrot Cake Oatmeal

A filling and delicious way to get some veggies in your oatmeal.

Prep:
5 minutes

Cook:
5 minutes

Ready In:
10 minutes

Servings:
1



Ingredients

1/2 cup rolled oats
1 carrot shredded
1 cup water
1 tbsp walnut halves
1/4 cup plant milk
1/2 tsp vanilla
dash of salt

Instructions

- 1** In a large saucepan add your water, oats carrot, vanilla and salt and bring to a boil. Reduce heat to a simmer, cover and cook about 5 minutes or until the oats have absorbed all the water.
- 2** Place in a bowl and top with walnuts, maple syrup and plant milk. This is also good with a little shredded coconut on top or use coconut milk as the milk for extra flavor.