



# Carrot Cake Overnight Oats

Ingredients:

DRY:

1 cup rolled oats  
1/2 cup carrot, grated  
1 tsp ground cinnamon  
1/4 tsp allspice  
1 tbsp chia seeds

WET:

1 tsp vanilla extract  
1 tsp maple syrup  
1 1/4 cup LF milk or unsweetened almond beverage

1. COMBINE ALL DRY INGREDIENTS IN CONTAINER, MIX
2. ADD ALL WET INGREDIENTS, MIX AGAIN
3. PLACE IN REFRIGERATOR, COVERED, FOR AT LEAST 2 HOURS OR OVERNIGHT
4. TOP WITH PLAIN LF GREEK YOGURT AND PECANS