

Carrot Cake Style Oatmeal



Discover our delicious recipe for Carrot Cake Oatmeal. Indulge in the comforting sweetness of this nutritious breakfast that combines the flavors of carrot cake with the creamy texture of oatmeal. A healthy and delightful treat to start your day off right.

Preparation 7 min
Cooking 5 min
Servings 2
Nutrition Facts (per serving)
Calories 380
Fat 9
Carbohydrates 52
Fibre 9
Protein 24
Sodium 75

Ingredients

- 500 ml (2 cups) milk, 1% (or unsweetened soy milk)
- 160 ml (? cup) oatmeal

- 2 medium carrots, raw, grated (gives about 1 cup)
- 30 ml (2 tbsp) flax seeds, whole
- 20g collagen powder
- 10 ml (2 tsp) brown sugar
- 10 ml (2 tsp) cinnamon
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) vanilla extract
- Pinch of salt
- 15 ml (1 tbsp) raisins

Preparation

1. In a medium saucepan, combine all ingredients except raisins and bring all to a boil.
2. Lower the temperature to low heat and cook for about 5 minutes, stirring occasionally. If you find the oatmeal too thick, add a bit of milk.
3. Serve and garnish with raisins and extra cinnamon, as desired

Notes

Keeps 3 days in the refrigerator. Can be frozen up to 3 months.

It is possible to replace collagen powder with protein powder or 2 tbsp Greek yogourt.



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