



Quick and Easy Carrot Cake Oats

🕒 5 MINS | 🍴 2 SERVINGS

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Method

1. Make instant oatmeal and follow package directions. Add shredded carrots, raisins, walnuts and yogurt to cooked oatmeal. Can sprinkle with coconut flakes if desired.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 packets Oats & Flax Instant Oatmeal, Oats & Flax
- 2 tablespoons Shredded Carrots
- 2 tablespoons Raisins
- 1/2 cup Low-Fat Vanilla Yogurt
- 1/2 cup Walnuts

NUTRITION INFORMATION PER SERVING

Protein 11g	Vegetables 0 servings
Total Fat 20g	Saturated Fat 2.03g
Carbs 53g	Sodium 182mg
Calories 374kcal	Added Sugar 4.14g
Fiber 5.9g	Fruits 0 servings

