

# CARROT CAKE OVERNIGHT OATS

## INGREDIENTS

| ITEM | QUANTITY |
|---|---|
| Old-fashioned Rolled Oats | 1 Cup |
| Lactose-free Milk | 1 Cup |
| Lactose-free Greek Yogurt | ½ Cup |
| Finely Grated Carrot | ½ Cup |
| Maple Syrup | 1 Tbsp. |
| Vanilla Extract | ½ Tsp. |
| Cinnamon | ½ Tsp. |
| Ground Nutmeg | ¼ Tsp. |
| Pinch of Salt | |
| Chopped Pecans, optional | 2 Tbsps. |

**SERVING SIZE** **1 CUP**

## PREPARATION

- Add the oats, lactose-free milk, Greek yogurt, grated carrot, maple syrup, vanilla, cinnamon, nutmeg, and salt to a bowl or two individual jars.
- Stir well until combined.
- Cover and refrigerate for at least 4 hours or overnight.
- Stir before serving.
- Divide between two bowls or jars and top with chopped pecans, if desired.

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