

CARROT CAKE OATMEAL WITH WALNUTS

Portion: 1 cup Yields: 6

Shredded carrots and spices in a hot cereal



CALORIES (kcal): 225.8

PROTEIN (g): 5.6

CARBOHYDRATE (g): 37.7

TOTAL FAT (g): 6.9

SODIUM (mg): 47.2

SAT FAT (g): 0.8

DIETARY FIBER (g): 5.9

INGREDIENTS:

3 cup Carrots, Fresh, Grated

4-1/2 cup Water

2 cup Old Fashioned Oatmeal Cereal, Dry

6 tbsps Raisins

1 tbsps Ground Cinnamon

1 tsp Ground Ginger

1/2 tsp Ground Nutmeg

2 tbsps Pure Maple Syrup

1 tsp Pure Vanilla Extract

6 tbsps Walnut Halves & Pieces, Chopped

METHOD:

Place grated carrots and water into a pot and simmer covered for 10 minutes. Add the remaining ingredients (except the walnuts) and cook another 5 minutes until oats are tender. Serve with toasted walnuts on the side.

CHEF'S NOTES:

Mix and match with other nuts like toasted pecans or almonds. Spices are a guideline, taste and add more to your taste.