

# CARROT CAKE OATMEAL

**PREP TIME: 20 min**  
**COOK TIME: 10 min**  
**SERVINGS: 4**  
**SERVING SIZE: 1/2 cup**



## INGREDIENTS

- 1 cup oatmeal
- 2 cups water
- ½ cup grated carrots
- ¼ cup raisins
- ½ apple, chopped
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 2 tablespoons brown sugar
- ¼ teaspoon salt
- 2 tablespoons roasted sunflower seeds
- ¼ cup vanilla yogurt

## DIRECTIONS

1. Add 2 cups of water to pot and bring to a boil.
2. Add the oatmeal, carrots, raisins, apple, cinnamon, ginger, nutmeg, brown sugar, and salt.
3. Cook 5-10 minutes until most of the water is absorb, stirring regularly.
4. Served topped with roasted sunflower seeds and a dollop of vanilla yogurt.



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