Carrot cake overnight oats

BODY TRANSFORMATION CENTRE

50g rolled oats (use gluten free if preferred)
40g plain yoghurt (use dairy free if preferred)
100ml nut milk of your choice
1 tsp vanilla bean paste or vanilla extract
1 tsp ground cinnamon
½ tsp ground nutmeg
40g carrot, finely grated
a drizzle of honey (or use natural sweetener of your choice)

for the topping:

10g chopped walnuts
5g raisins
10g carrot, finely grated

SERVES 1

Combine everything together in a bowl, except for the topping ingredients, and stir well. Refrigerate overnight.

Stir again and transfer to a serving bowl. Add the topping ingredients and serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Top tip:

If using chilled milk, the oats will only need to be refrigerated for 30 minutes, rather than overnight.

PER SERVING:
412 Calories
56g Carbs
11g Protein
12g Fat