



Carrot Cake Baked Oats



SERVINGS

2



COOKING TIME

20 min

This recipe offers a wholesome twist on classic carrot cake by transforming it into delicious baked oats, combining cozy flavors and wholesome ingredients for a satisfying breakfast or snack.

Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 tsp neutral oil
- 1 tbsp dates, chopped and soaked for 10 mins
- 1 egg white (omit for vegan)
- 1 tbsp carrots, shredded fine
- 1 tsp crushed pineapple, optional
- 1 tsp brown sugar or maple syrup
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1/2 tbsp walnuts, chopped
- 1/4 cup oat milk (increase to 1/2 cup for vegan)
- 1/2 tbsp raisins, optional

Frosting

- 1/2 tbsp low fat or plant base cream cheese
- 1 tbsp non-fat vanilla Greek yogurt
- 3/4 - 1 tsp maple syrup

Cooking Instructions

1. Preheat oven to 375°F.
2. Combine oats, baking powder, dates, brown sugar or maple, cinnamon, oat milk, egg (optional), oil in a blender.

3. Blend for 20 seconds.
4. Add carrots, pineapple, raisins, and walnuts to the bottom of a ramekin.
5. Pour batter on top, gently stir.
6. Bake for 20 min.
7. While the oats are in the oven in a small bowl, soften the cream cheese in the microwave for 15 seconds or let sit for 10 min until room temp.
8. Fold in maple syrup, add yogurt and mix until smooth, refrigerate until ready to use.
9. Once the baked oats are cool, top with frosting, enjoy!