

Carrot Cake Baked Oats



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

How to make it

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.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	20 min	35 min	2

Made with



Quaker® Oats-Old Fashioned

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!