



## Carrot Cake Overnight Oats



Entire recipe: 273 calories, 3.5g total fat (0.5g sat fat), 290mg sodium, 44.5g carbs, 7g fiber, 25.5g sugars, 16.5g protein

**Green Plan [SmartPoints](#)® value 8\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 5 minutes

**Chill:** 6 hours



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

### Ingredients

1/2 cup fat-free plain Greek yogurt  
1/4 cup unsweetened vanilla almond milk  
1 packet no-calorie sweetener (like Truvia)  
1/4 tsp. cinnamon  
1/4 tsp. vanilla extract  
Dash nutmeg  
Dash salt  
1/2 cup grated carrot  
3 tbsp. old-fashioned oats  
2 tbsp. raisins, chopped  
2 tbsp. canned crushed pineapple packed in juice (not drained)  
1/2 tbsp. chia seeds

### Directions

In a medium bowl or jar, combine yogurt, almond milk, sweetener, cinnamon, vanilla extract, nutmeg, and salt. Mix until uniform.

Stir in carrot, oats, chopped raisins, pineapple, and chia seeds.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.