



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

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Prep: 5 minutes

Chill: 6 hours

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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

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