



Carrot Cake Oatmeal

Prep Time: 5 min Cook Time: 12 min Servings: 6

Ingredients:

- 4 cups of water
- 2 medium carrots, shredded
- 2 cups of oats
- 4 Tbsp of raisins
- 4 tsp of honey
- 3 tsp of vanilla
- 3 tsp of cinnamon
- 1/4 tsp salt
- 1/4 tsp all spice

Instructions:

1. Add water to a pot and bring to a boil.
2. Once the water is boiling, add shredded carrots and let boil for two minutes.
3. Add oats and reduce to a simmer (low heat) for 5 minutes.
4. Add raisins, honey, vanilla and cinnamon.
5. Continue to simmer on low until all of the liquid has soaked into the oats, about 5 more minutes.
6. Top with your favorite fruit or yogurt!

Oatmeal is a great source of whole grains! Did you know that at least half of your grains should be whole grains?

