



# Carrot Cake Overnight Oats

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Carrot Cake Overnight Oats is an easy make ahead breakfast option that tastes just like a slice of carrot cake. You can relish a dessert-like experience in the morning with healthy whole grain oats. This recipe gets the classic carrot cake flavors from shredded carrots, maple syrup, and cinnamon. If you're in the mood for some crunch, add in chopped pecans.

## Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1/2 cup lowfat (1%) milk
- 1/4 cup carrot, shredded
- 1 Tablespoon(s) maple syrup
- 2 Tablespoon(s) chopped pecans (optional)
- 1/4 Teaspoon(s) ground cinnamon

## Cooking Instructions

1. Add Quaker® Oats to your container of choice, pour in milk, and layer carrot, maple syrup, and pecans.
2. Sprinkle with cinnamon, place in the refrigerator, and enjoy in the morning or a few hours later.
3. Let steep for at least 8 hours in a refrigerator 40° F or colder.
4. Best to eat within 24 hours.