

# Carrot Cake Overnight Oats

Serving Size: 1 parfait      Makes 7 servings

## Ingredients:

2½ cups    Skim Milk  
4½ cups    Old-fashioned Oats  
1½ cups    Carrots, grated  
2/3 cup    Raisins  
1 tsp        Cinnamon  
2 TBSP     100% Pure Maple Syrup  
¾ cup        Greek yogurt, non-fat plain  
Pinch        cinnamon, to garnish

## NUTRITION FACTS PER SERVING

<b>calories</b>	300
<b>total fat (g)</b>	4
saturated fat (g)	0.5
trans fat (g)	0
<b>sodium (mg)</b>	70
<b>total carbohydrate (g)</b>	60
dietary fiber (g)	7
sugar (g)	19
<b>protein (g)</b>	13



## Preparation:

1. In a bowl, combine oats and milk, cover and refrigerate. Allow oats to soak overnight, not more than 15 hours.
2. In a separate medium-sized bowl, combine carrots, raisins, 1 teaspoons cinnamon, and maple syrup. Set aside.
3. In a small bowl or glass jar (at least 12 fluid ounces) layer the following: 1 cup prepared overnight oats, ¼ carrot mixture, 2 tablespoons greek yogurt. Sprinkle with 1/8 teaspoon cinnamon to garnish.



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