



Carrot Cake Baked Oats

Looking for a new breakfast recipe to try this spring? Use this one as your inspo! One of my favourite desserts to have this time of year is carrot cake, so it's not a surprise that I tried to incorporate this into my meals as much as possible. This recipe is a great way to get a nutritious breakfast in and has been on my meal prep rotation for the last few weeks. One of my favourite ways to eat this is topped with some plain Greek yogurt and a sprinkle of cinnamon. Packed with fibre and plant-based protein, it is sure to keep you feeling full and satisfied for longer.

Recipe makes x 6 servings

Prep time: 5 minutes

Cook time: 30 minutes



INGREDIENTS

- 2 cups oats (I prefer steel cut for fibre but only had rolled oats on hand – use what you have!)
- 1 tsp baking powder
- 2 scoops plain whey protein powder
- 2 cups plain, unsweetened soy milk
- ¼ cup maple syrup
- 1 carrot, peeled and grated
- 2 tsp vanilla extract
- 2 tsp cinnamon (or to taste)
- ½ cup chopped walnuts

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Spray a square baking pan with cooking spray, set aside.
2. Combine all ingredients in a bowl and mixed until well combined.
3. Evenly spread mixture into pan. Top with walnuts.
4. Bake for about 30 minutes, or until toothpick comes out clean. For steel cut oats, add an extra 10 minutes. Serve and enjoy!

Tip: Want to make this completely plant-based? Substitute whey with vegan protein powder.

Check out our [FREE Resources](#) for more crave-worthy simple recipes and meal & snack ideas.