

Carrot Cake Overnight Oats

INGREDIENTS

For the oats (dry mixture):

- 1C oats
- 1TBS chia seed
- 1TBS flax seed powder
- 1/4C raisins
- 1tsp cinnamon
- 1/4C walnuts

For the oats (wet mixture):

- 1TBS coconut oil
- 1/2C coconut cream
- 1/2tsp vanilla extract
- 2TBS maple syrup
- 1/2C carrot, shredded
- 1/3C pineapple, finely chopped

For the topping:

- 1/2C coconut yogurt
- 1TBS chia seeds
- 1 can coconut cream
- 1TBS maple syrup

1. Combine wet ingredients and mix thoroughly, set aside.
2. Combine dry ingredients, then add the wet ingredients into the dry ingredients and mix well.
3. Pour mixture into a 9x13 inch baking dish and press firmly until evenly coated.
4. Place into the refrigerator overnight. Add more water or milk if you want a wetter overnight oat consistency.
5. Next, assemble the yogurt topping by adding all ingredients into a mixing bowl and mixing well.
6. Place the yogurt mixture into the refrigerator overnight.
7. To assemble, evenly spread the yogurt mixture over oats and garnish with a sprinkle of cinnamon and coconut sugar.