THE LIGHTER PLATE METHOD

Spiced Carrot Cake Overnight Oats

All the warm spice of carrot cake, made spoonable and ready before you wake.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**2**	**EASY**

Ingredients

- 80 g porridge oats
- 1 large carrot (finely grated)
- 200 g natural yoghurt
- 150 ml semi-skimmed milk
- 1 tsp mixed spice
- 30 g sultanas
- 30 g walnuts (chopped)

Method

1. Mix the oats, grated carrot, mixed spice and sultanas together in a bowl.
2. Stir in the yoghurt and milk until everything is coated.
3. Divide between two jars, cover and chill overnight.
4. In the morning, stir, loosen with a splash of milk if needed, and top with the chopped walnuts.

Tips & swaps

- Grate the carrot on the fine side of the box grater; coarse shreds stay crunchy and never soften into the oats. Add the walnuts in the morning so they stay crisp.

Storage & reheating

Keeps covered in the fridge for up to 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**12g**	**42g**	**13g**	**6g**

Estimated values, for guidance only. Contains: Oats (gluten), Milk, Tree nuts (walnuts).