

Carrot Cake Oatmeal (2 servings)

1 cup rolled oats ¼ tsp salt (optional)
½ cup grated carrots ¼ cup chopped walnuts
2 tablespoons brown sugar, or sweetener of choice
½ tsp cinnamon ¼ tsp nutmeg
¼ tsp ginger 1/8 tsp group cloves

(or 1 ½ tsp. pumpkin pie spice in place of above spices)

Directions:

Place 2 cups water in a small saucepan and bring to a boil. Once boiling, add the oats and carrots. Reduce to a simmer and cook for 15 minutes or until desired consistency is reached, stirring occasionally. Stir in remaining ingredients and serve hot.

This can also be prepared in microwave- put ingredients in large bowl and microwave on high for 3-5 minutes- leave at least 2 inches of space below rim to avoid overflow.

Batch can be doubled, and leftovers stored in the refrigerator to be reheated for a future meal or snack.

Nutrition analysis per serving: 340 calories, 14 grams fat, 0 mg cholesterol, 320 mg sodium, 48 grams carbs, 8 grams fiber, 11 grams sugar, 8 grams protein