

CARROT CAKE OATMEAL

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 3/4 cup oatmeal and 1 1/2 Tbsp frosting)

Nutrition (per serving)

Calories: 306

Total Fat: 6 g

Saturated Fat: 0 g

Sodium: 272 mg

Total Carbohydrate: 53 g

Dietary Fiber: 5 g

Total Sugars: 31 g

Protein: 10 g



Ingredients

Carrot Cake Oatmeal

- Cooking spray
- 1 ½ cups steel cut oats
- 4 ½ cups skim milk
- 1 ½ cups unsweetened applesauce
- 1 ½ cups shredded carrots
- ½ cup raisins
- ½ cup chopped pecans

Cream Cheese Frosting

- 3 ounces fat free cream cheese (softened)

- ½ cup sugar-free maple syrup
- ¼ cup brown sugar
- 1 Tablespoon vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon salt

- ¾ cup powdered sugar

- 3 Tablespoons skim milk

- ½ teaspoon vanilla extract

Directions

1. In a large slow cooker sprayed with cooking spray, add all oatmeal ingredients. Stir well. Cover and cook on low heat for 8 hours.
2. To make cream cheese frosting, combine the cream cheese, powdered sugar, milk, and vanilla in a medium bowl. Beat ingredients with an electric mixer until a uniform thick glaze is created. Drizzle on top before serving.