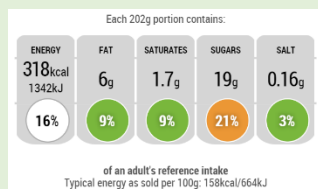


## Carrot Cake Overnight Oats



**Serves:** 1  
**Preparation Time:** 5 minutes  
**Cooking Time:** N/A  
**Cost:** 51p



### Ingredients

- 50g rolled oats
- 100ml semi skimmed milk, plant based milk or water
- 1/2 tsp vanilla essence or honey
- 1/2 tsp cinnamon
- 1 tbsp raisins
- 1/4 carrot, grated

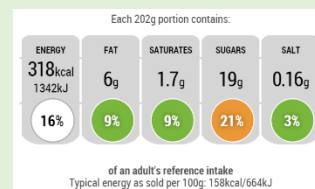


@HNH\_UoChester

## Carrot Cake Overnight Oats



**Serves:** 1  
**Preparation Time:** 5 minutes  
**Cooking Time:** N/A  
**Cost:** 51p



### Ingredients

- 50g rolled oats
- 100ml semi skimmed milk, plant based milk or water
- 1/2 tsp vanilla essence or honey
- 1/2 tsp cinnamon
- 1 tbsp raisins
- 1/4 carrot, grated

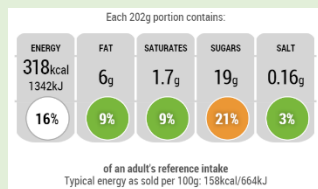


@HNH\_UoChester

## Carrot Cake Overnight Oats



**Serves:** 1  
**Preparation Time:** 5 minutes  
**Cooking Time:** N/A  
**Cost:** 51p



### Ingredients

- 50g rolled oats
- 100ml semi skimmed milk, plant based milk or water
- 1/2 tsp vanilla essence or honey
- 1/2 tsp cinnamon
- 1 tbsp raisins
- 1/4 carrot, grated

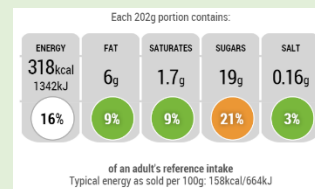


@HNH\_UoChester

## Carrot Cake Overnight Oats



**Serves:** 1  
**Preparation Time:** 5 minutes  
**Cooking Time:** N/A  
**Cost:** 51p



### Ingredients

- 50g rolled oats
- 100ml semi skimmed milk, plant based milk or water
- 1/2 tsp vanilla essence or honey
- 1/2 tsp cinnamon
- 1 tbsp raisins
- 1/4 carrot, grated



@HNH\_UoChester

**Method**

You will need a jar or tub with a lid for this recipe.

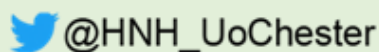
Grate the carrot onto a chopping board and put into your jar.

Add all the other ingredients, stir it together then put the lid on and leave it in the fridge overnight to soften.

**Serving suggestions:**

Can be transferred to a microwave proof bowl then heated to serve hot or eaten straight from the fridge.

To increase your 5 a day why not add your favourite fruit, nuts and seeds.

**Method**

You will need a jar or tub with a lid for this recipe.

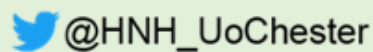
Grate the carrot onto a chopping board and put into your jar.

Add all the other ingredients, stir it together then put the lid on and leave it in the fridge overnight to soften.

**Serving suggestions:**

Can be transferred to a microwave proof bowl then heated to serve hot or eaten straight from the fridge.

To increase your 5 a day why not add your favourite fruit, nuts and seeds.

**Method**

You will need a jar or tub with a lid for this recipe.

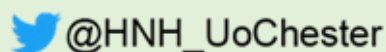
Grate the carrot onto a chopping board and put into your jar.

Add all the other ingredients, stir it together then put the lid on and leave it in the fridge overnight to soften.

**Serving suggestions:**

Can be transferred to a microwave proof bowl then heated to serve hot or eaten cold, straight from the fridge.

To increase your 5 a day why not add your favourite fruit, nuts and seeds.

**Method**

You will need a jar or tub with a lid for this recipe.

Grate the carrot onto a chopping board and put into your jar.

Add all the other ingredients, stir it together then put the lid on and leave it in the fridge overnight to soften.

**Serving suggestions:**

Can be transferred to a microwave proof bowl then heated to serve hot or eaten straight from the fridge.

To increase your 5 a day why not add your favourite fruit, nuts and seeds.

