



truwhip

Vegan Carrot Cake Oatmeal

Servings: 8

Prep Time: 30 min

Cook Time: 45 - 50 min



Directions

1. Preheat oven to 350°F. Spray an 8x8 inch baking dish with cooking spray.
2. In a mixing bowl, mix together oats, grated carrots, protein powder, flaxseed, baking powder, cinnamon, ginger, nutmeg, and salt.
3. Add in almond milk, applesauce, maple syrup, and vanilla. Stir well to combine.
4. Fold in chopped walnuts and raisins.
5. Pour batter into prepared baking dish and bake for 45-50 minutes, until the top is golden brown. It will be a little soft but should be cooked through.
6. Meanwhile, prepare the frosting. In a small bowl, combine softened cream cheese, truwhip, maple syrup, and vanilla and whisk until smooth. Add an extra splash of maple syrup if you like it sweeter.
7. Remove baked oatmeal from the oven. Let cool for 15 minutes before spreading on the frosting and cutting into squares.
8. Store in an airtight container in the fridge for up to 5 days.

Ingredients

Ingredients:

- 2 cups rolled oats
- 1 cup grated carrots, about 2 medium carrots
- 1/4 cup vanilla protein powder, optional
- 2 tbsp ground flaxseed
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 2 cups non-dairy milk
- 1/2 cup applesauce, or yogurt
- 1/4 cup maple syrup
- 2 tsp vanilla extract
- 1/4 cup chopped walnuts, or pecans
- 1/4 cup raisins

Cream Cheese Frosting:

- 8 oz vegan cream cheese, softened
- 1 cup truwhip Vegan Whipped Topping, thawed
- 1 tbsp maple syrup, more to taste
- 1 tsp vanilla extract