

# Carrot Cake Baked Oatmeal

Prep. Time: 10 Minutes

Cook Time: 30 Minutes

Temperature: 375° F

## Ingredients:

2 cups rolled oats

1 tsp. baking powder

¼ tsp. ground ginger

¼ tsp. ground nutmeg

½ tsp. ground cinnamon

¼ tsp. ground cardamom

½ tsp. vanilla extract

1 tsp. large-flake sea salt

1½ cups grated carrot

1 apple, peeled and grated

Scant ½ cup mixed raisins and/or currants

2 eggs

2¼ cups almond milk

6 Tbsp. maple syrup

2 Tbsp. coconut oil

1 cup pecans

¾ cup mixed pumpkin, sunlower, and/or sesame seeds



## Preparation:

1. Preheat oven to 375 degrees.
2. Grease an 8 x 10 inch baking dish with coconut oil.
3. Combine rolled oats, baking powder, ginger, nutmeg, cinnamon, cardamom, vanilla, and salt together in a large bowl. Stir in grated carrots, apples, raisins and currants.
4. In a small bowl, beat the eggs, add in almond milk and 1 Tbsp. maple syrup, and whisk to combine.
5. Spoon the oatmeal mixture into the pre-greased baking dish and pour egg mixture over to evenly coat.
6. In a separate bowl, combine the pecans and seeds with 5 Tbsp. maple syrup and coconut oil. Sprinkle this mixture on top of oats and bake for 25 to 30 minutes, or until oatmeal is set and nuts are golden. Let cool slightly before serving.

Makes 10-12 servings.

## Variations:

**From the kitchen:**

Merce Muse