

# CARROT CAKE OVERNIGHT OATS

Loren C Dietitian ©

## INGREDIENTS

- 1 x 170g tub of plain Chobani yoghurt (or any Greek yoghurt)
- 2/3 cup of instant oats
- 2/3 cup of milk of your choice (skim, almond, soy)
- ½ teaspoon of vanilla extract
- 2 tablespoons of maple syrup
- 1 large carrot, peeled and grated
- 2 tablespoons of softened light philly cheese
- ¼ cup of walnuts
- 2 teaspoons of ground cinnamon

## METHOD

1. Mix together all ingredients (except walnuts) in a medium size mixing bowl
2. Cover and refrigerate for at least 4 hours (preferably overnight) before eating
3. Top with walnuts right before eating (trail mix is featured in the picture)

Serves 2 (or one athlete with high training load)