



# RECIPES

## Carrot Cake Overnight Oats

### INGREDIENTS:

1/3 cup plain non-fat or low-fat greek yogurt  
1/2 cup (heaping) rolled oats  
2/3 cup low fat milk  
1/2 teaspoon vanilla extract  
Pinch of salt  
1 tablespoon honey  
1/2 teaspoon cinnamon  
1 large carrot, shredded  
2 tablespoons cream cheese, softened  
1/4 cup raisins

### INSTRUCTIONS:

1. Whisk all ingredients together in a bowl or large mason jar.
2. Store in container or jar with a tight fitting lid.
3. Refrigerate for at least 4 hours, but preferably overnight before eating.

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
or call 504.349.1232*



From: <http://wholefully.com/2016/03/07/8-classic-overnight-oats-recipes-you-should-try/>

