

The BEST Carrot Cake Overnight Oats

Carrot Cake Overnight Oats that are creamy, easy to make, and the BEST healthy breakfast treat! It's like having carrot cake for breakfast, but in only 5 minutes prep time. Every bite is so good! This overnight oats recipe is gluten-free, refined sugar-free, and can easily be made dairy-free.



Course

Breakfast

Cuisine

American

Diet

Gluten Free, Vegan, Vegetarian

Prep Time

5 minutes

Total Time

5 minutes

Servings 2 Servings

Calories 354kcal

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Ingredients

Overnight Oats

- 1 cup rolled oats
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup grated carrots finely chopped
- 2-3 Tablespoons maple syrup
- 1 1/2 cups vanilla almond milk
- 1/2 cup vanilla Greek yogurt
- 1-2 Tablespoons raisins or chopped dates optional
- 1-2 Tablespoons shredded unsweetened coconut

- 1-2 Tablespoons chopped walnuts

Topping (optional)

- 1 Tablespoons white chocolate chips
- 1/2 teaspoon [coconut oil](#)
- 1/4 cup vanilla Greek yogurt

Instructions

1. Divide the overnight oats ingredients into two mason jars or bowls with airtight lids.
2. Mix the ingredients in each mason jar until evenly distributed.
3. Melt the white chocolate chips and coconut oil in the microwave, stirring every 30 seconds until smooth.
4. Slowly add the yogurt into the white chocolate mixture, 1 Tablespoon at a time, stirring until smooth.
5. Smooth the topping over each overnight oats jar and add extra shredded coconut, grated/chopped carrots, and chopped walnuts (if desired).
6. Add the lids and store in the refrigerator overnight.
7. Enjoy in the morning!

Notes

- Nutrition facts for this recipe have been calculated without the optional topping.
- Overnight oats can be stored in the refrigerator for 2-3 days. They can also be frozen for up to 3 months!

Nutrition

Serving: 1Jar | Calories: 354kcal | Carbohydrates: 53g | Protein: 13g | Fat: 11g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 3mg | Sodium: 281mg | Potassium: 423mg | Fiber: 7g | Sugar: 15g | Vitamin A: 2679IU | Vitamin C: 2mg | Calcium: 347mg | Iron: 2mg