

White's Carrot Cake Over Night Oats

BALMORAL
SHOW 2025
14TH-17TH MAY



Ingredients

- 1/2 cup White's Oats
- 1/2 cup milk
- 1/4 cup Greek Yogurt
- 1 tbsp Chia Seeds
- 1 tbsp Maple Syrup

Carrot Cake Mixture Ingredients

- 1/4 cup shredded carrot
- 1 tbsp Desiccated Coconut
- 1 tbsp raisins
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon



Recipe Created by JOY M ROLLSTON.
'Made With Love'

Method

1. Add all the ingredients into a sealable jar or bowl and give it a good stir to combine.
2. Let the mixture soak in the fridge for at least 2 hours but it's better to soak overnight for approx 8 hours. This will ensure a creamier consistency.
3. Just before you enjoy your White's Over Night Oats, add some more topping and enjoy.

This is a delicious recipe and so easy to make. As a busy family this is **ABSOLUTELY PERFECT** for breakfast or any time of the day. You can enjoy it cold but also just warm it up on the stovetop in a small bowl or in the microwave for a minute or two the next morning.

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