

# 'Carrot Cake' Overnight Oat Breakfast Puddings

By Ashley Alexander

**Gather  
& Feast**

These little jars of goodness take all the flavours of a classic carrot cake and turn them into a wholesome, no-fuss morning treat. Packed with fibre from oats and flaxseed, and protein from Greek yogurt, they provide a balanced way to start your day while still feeling a bit special. I've topped them with crunchy roasted walnuts, a drizzle of maple syrup, and an extra sprinkle of nutmeg for good measure.

**SERVES** 4-6 | **TOTAL TIME** 10 minutes (+ overnight setting time)

## INGREDIENTS

### Oat mixture

- 160g (2 cups) rolled oats
- 40g (1/4 cup) ground flaxseed meal/linseed meal
- 500ml (2 cups) milk of choice (I've used soy milk)
- 250g (1 cup) thick unsweetened Greek yoghurt
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- Small pinch of ground cloves
- 2 small carrots, peeled and coarsely grated (about 1 firmly packed cup)
- 2 tablespoons currants or raisins

### For topping

- Roughly 1 cup thick unsweetened Greek yoghurt
- 2 tablespoons roasted walnuts
- Freshly grated nutmeg or pinch of ground cinnamon
- Splash of maple syrup



## METHOD

1. In a medium bowl, combine the rolled oats, ground flaxseed, milk, Greek yoghurt, maple syrup, vanilla extract, cinnamon, cardamom, cloves, grated carrot, and currants. Stir well to ensure all ingredients are evenly distributed.
2. Divide the oat mixture between four glasses or small containers.
3. Spoon a generous dollop of Greek yoghurt onto each serving, smoothing it out with the back of a spoon.
4. Sprinkle the crushed roasted walnuts over the top, followed by a light grating of fresh nutmeg or a pinch of ground cinnamon. Drizzle with a small splash of maple syrup for added sweetness.
5. Place the glasses or containers in the fridge and allow the puddings to set overnight, covered or uncovered.

## NOTES

**Dairy-Free / Vegan Option:** For a dairy-free or vegan option, use plant-based milk and yoghurt.

**Customisable Sweetness:** The sweetness in this recipe comes from the maple syrup and currants/raisins. You can adjust the amount of maple syrup to your taste or swap it with honey or sweetener of your choice.

**Meal Prep Friendly:** These puddings are perfect for meal prep. Make a batch at the beginning of the week, and you'll have breakfast ready to go. They keep well in the fridge for up to 4 days.

**Optional Add-ins:** Boost the protein/nutritional value by adding 2 tablespoons of hemp seeds, or vanilla protein powder to the oat mixture.

**Chilling Time:** While overnight is ideal for the best texture, if you're short on time, 3-4 hours of chilling will still yield a good result.

**Storage:** These puddings will keep in the fridge for up to 4 days.



**Find the recipe and watch the video online:**

<https://www.gatherandfeast.com/carrot-cake-overnight-oat-breakfast-puddings>

Let me know if you make the recipe! x @gatherandfeast