

RECIPE WEDNESDAY

CARROT CAKE OVERNIGHT OATS

- 1/2 CUP OF OLD FASHIONED PLAIN OATS
- 1/2 CUP OF PLAIN, 0% GREEK YOGURT
- 1/2 LARGE, GRATED CARROT
- 1 SCOOP OF VANILLA PROTEIN POWDER
- 1 TBSP NO SUGAR ADDED MAPLE SYRUP
- 1 TSP OF PUMPKIN PIE SPICE AND CINNAMON/NUTMEG IF YOU LIKE
- 1 TBSP OF RAISONS
- 1 TBSP OF CHOPPED WALNUTS (ADD ON TOP RIGHT BEFORE SERVING)

Mix it all together. Let it sit overnight. Makes two servings. ENJOY!



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