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## Overnight Carrot Cake Porridge

This overnight carrot cake porridge is a delicious and healthy twist on the classic carrot cake. It's made with rolled oats, grated carrots, raisins, and warm spices like cinnamon and nutmeg. The oats are soaked overnight in almond milk, which gives them a creamy and pudding-like texture. In the morning, the porridge is topped with a dollop of Greek yogurt, a sprinkle of chopped walnuts, and a drizzle of maple syrup. It's a filling and nutritious breakfast that tastes just like dessert!

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 2

**Serving Size:** 200 g

### Ingredients

100 g	Rolled Oats
100 g	grated carrots
50 g	Raisins

<b>300 ml</b>	almond milk
<b>1 tsp</b>	Cinnamon
<b>0.5 tsp</b>	Nutmeg
<b>100 g</b>	greek yogurt
<b>30 g</b>	chopped walnuts
<b>30 ml</b>	Maple syrup

## Directions

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### Step 1

In a bowl, combine rolled oats, grated carrots, raisins, cinnamon, and nutmeg.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

**Stirring**

Pour almond milk over the oat mixture and stir well to combine.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

**Refrigerating**

Cover the bowl with plastic wrap and refrigerate overnight.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

In the morning, divide the porridge into two bowls.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Top each bowl with a dollop of Greek yogurt, a sprinkle of chopped walnuts, and a drizzle of maple syrup.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 323 kcal

**Fat:** 9 g

**Protein:** 10 g

**Carbohydrates: 53 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	53 g	96.36%	106%
Fibers	10 g	26.32%	40%
Sugars	17 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	105 iu	11.67%	15%
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	75 mg	3.26%	3.26%
Calcium	20 mg	2%	2%
Iron	20 mg	250%	111.11%
Potassium	480 mg	14.12%	18.46%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Christmas

## Meal Type

Breakfast Brunch Lunch Supper

## Kitchen Tools

Slow Cooker

## Course

Appetizers Desserts Drinks Salads Snacks

## Cultural

Chinese New Year Diwali Thanksgiving

## Cost

Under \$10 \$10 to \$20

## Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

## Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Weight Watchers (WW) Diet  
Paleo Diet Atkins Diet Low Carb, High Fat (LCHF) Diet South Beach Diet  
Zone Diet Ornish Diet Nutrisystem Diet Nordic Diet Alkaline Diet  
Macrobiotic Diet Intermittent Fasting 5:2 Diet Warrior Diet  
OMAD (One Meal a Day) Diet Low FODMAP Diet Vegetarian Diet Vegan Diet

Raw Food Diet    Pescatarian Diet    Ovo-Vegetarian Diet    Lacto-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet    Fruitarian Diet    Engine 2 Diet    Blood Type Diet  
Ayurvedic Diet    Traditional Chinese Medicine (TCM) Diet    Anti-Inflammatory Diet  
The Acid Reflux Diet    Gluten-Free Diet    Low Glycemic Index Diet  
Low Sodium Diet    The Fast Metabolism Diet    The Gerson Therapy  
The Swiss Secret Diet    The Scarsdale Diet    The Cabbage Soup Diet  
The Hallelujah Diet    The Mayo Clinic Diet    The Hollywood Diet  
The Lemonade Diet    The Grapefruit Diet    The Rice Diet  
The Sleeping Beauty Diet    The 3-Hour Diet    The French Women Don't Get Fat Diet  
The Cookie Diet    The Israeli Army Diet    The Air Diet    The Breatharian Diet  
The Werewolf Diet    The Five-Bite Diet    The Negative Calorie Diet  
The Ice Cream Diet    The Master Cleanse Diet    The Subway Diet  
The SlimFast Diet    The Cambridge Diet    The Shangri-La Diet    The 3-Day Diet  
The Eat-Clean Diet    The Peanut Butter Diet    The Bulletproof Diet  
The Carnivore Diet    The Dukan Diet    The HCG Diet    The Optavia Diet  
The Pritikin Diet    The Starch Solution Diet    The GOLO Diet  
The Specific Carbohydrate Diet (SCD)    The Dr. Sebi Diet  
The Crohn's Disease Diet    The Low-Residue Diet  
The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)  
The PCOS (Polycystic Ovary Syndrome) Diet  
The SIBO (Small Intestinal Bacterial Overgrowth) Diet  
The IBS (Irritable Bowel Syndrome) Diet    The Salicylate Sensitivity Diet  
The Diabetes Diet    The Hyperthyroidism Diet  
The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Fibromyalgia Diet  
The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet  
The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet  
The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet  
The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet  
The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet  
The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet  
The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet  
The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet  
The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet  
The Acne Diet    The Migraine Diet    The Celiac Disease Diet  
The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet  
The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet  
The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet  
The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet  
The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet  
The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet  
The Chronic Urticaria Diet    The Dysphagia Diet  
The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet  
The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet  
The Fructose Malabsorption Diet    The Low-Histamine Diet  
  
The Mast Cell Activation Syndrome (MCAS) Diet  
The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet  
The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet  
The Graves' Disease Diet    The Addison's Disease Diet  
The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet  
  
The Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet  
The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet



The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

## Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

## Difficulty Level

Medium

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