

Breakfast Carrot-Cake Oatmeal Cakes from 2023 EatingWell

Enjoy all the classic flavors of carrot cake in these healthy oatmeal cakes. Shredded carrot, raisins and walnuts are packed into each bite. Chopping the raisins helps distribute them throughout the batter. These oatmeal cakes are perfect for a grab-and-go breakfast, but also make for a great snack.



Ingredients

Ingredient Checklist

- 3 cups old-fashioned rolled oats
- 1 ¼ cups low-fat milk
- ⅓ cup packed brown sugar
- ¼ cup unsweetened applesauce
- 2 large eggs, lightly beaten
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ½ cup finely shredded carrot
- ¼ cup raisins, chopped
- ¼ cup finely chopped walnuts

Directions

Instructions Checklist

- **Step 1**
Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
- **Step 2**
Combine oats, milk, brown sugar, applesauce, eggs, cinnamon, baking powder, vanilla, nutmeg and salt in a large bowl. Fold in carrot, raisins and walnuts. Divide the batter between the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Run a knife around the edges of the cups to release the oatmeal cakes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

To make ahead

Freeze oatmeal cakes in an airtight container for up to 3 months. To reheat, microwave 1 oatmeal cake in 30-second intervals until heated through. Alternatively, refrigerate oatmeal cakes in an airtight container for up to 2 days.