

Spiced Carrot Cake Muesli



**JAMES
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FOUNDATION**

ingredients

- 1 c Quaker Old-Fashioned Oats
- 3/4 c non-fat milk (or other milk of your choice)
- 1/2 c non-fat Greek yogurt (or other plain yogurt of your choice)
- 3 tbsp honey
- 1 Asian pear, washed well, cored, and finely chopped
- 1 medium to large carrot, washed well, trimmed, and grated
- 1/2 inch knob of fresh ginger, grated (about 1 – 2 tsp)
- 1/4 c raisins
- 1/2 tsp Chinese five spice powder (if you don't have this, you can sub cinnamon)
- 1/2 tsp cinnamon, more to serve
- 1 c fresh fruit such as blueberries, cut up banana, cut up peach, etc.
- 1/2 c chopped walnut pieces

instructions

1. The evening before you want to serve the muesli: In a medium to large bowl, mix together the oats, milk, yogurt, honey, Asian pear, carrot, ginger, raisins, Chinese five spice powder, and cinnamon. Mix well. Cover and refrigerate overnight.
2. In the morning, remove bowl from refrigerator, gently mix in the fresh fruit and serve. Sprinkle some of the nuts and a small sprinkle of cinnamon on top of each serving.
3. Leftovers will keep in the refrigerator for several days; you can make a batch at the beginning of the week and have an easy, delicious, and filling breakfast ready to go all week!