



Breakfast is the most important meal of the day, yet we often settle for the same thing day after day because we're pressed for time and in a hurry. Break the breakfast monotony with this fun twist on Profile Oatmeal. It can be whipped up quickly and cooked in the microwave, making it a convenient and tasty breakfast option.

**Number of Servings: 2**

**Ingredients:**

- 2 Packets Profile Maple and Brown Sugar Oatmeal
- 1 Cup grated carrots
- 1 cup unsweetened vanilla almond milk
- ½ cup water
- 1 Tbsp Walden Farms syrup
- 1 tsp ground cinnamon
- 1/8 tsp ground ginger
- 1 dash nutmeg
- 1 pinch of salt
- 1 tsp vanilla extract
- ¼- ½ tsp lemon juice to taste (optional)



## CARROT CAKE OATMEAL

### **Directions:**

- Combine all ingredients in a microwave safe bowl and mix well.
- Microwave for 30 seconds at a time until it reaches desired consistency.

**Profile Exchanges:** 1 meal replacement, ½ cup veggies, 1 free food, top with 1 Tbsp crushed walnuts for 1 fat