Holiday Breakfast Carrot Oat Cake

rich indulgence for a holiday sunrise

8 servings

Prep time: 15 minutes
Cook time: 45 minutes
Total time: 1 hour

Ingredients

2 cups rolled oats
1 tsp baking powder
1 tsp cinnamon
½ tsp ginger
¼ tsp salt
1 ¾ cups milk
2 eggs
⅓ cup pure maple syrup
2 tsp vanilla essence
¾ cup shredded carrots
½ cup chopped pecans

Frosting:

300 ml low fat plain yogurt
4 tbsp low fat smooth cottage cheese softened
30 g (1.5 tbsp) honey
½ tsp vanilla extract
½ cup chopped pecans to sprinkle on top

Chef's Tip:

This recipe can be prepared before you go on holiday. Freeze it before hand and serve on the desired morning. The frosting can be whipped together just before serving.

Nutritional Information:
(per serving, with frosting)

ENERGY	(289 KCal) 1214 KJ
TOTAL FAT	13 g
PROT	10 g
TOTAL CARBS	33 g
of which, Sugar	9 g
FIBRE	4 g

Method

1. Preheat the oven to 190°C. Lightly grease a 20x20 cm casserole dish (adjust baking time if using a different size).
2. Mix the dry ingredients: In a large bowl, combine the oats, baking powder, cinnamon, ginger, and salt.
3. Mix the wet ingredients: In a separate medium bowl, whisk together the almond milk, eggs, maple syrup, and vanilla. Stir in the grated carrots and pecans.
4. Combine: Pour the wet mixture into the dry ingredients and stir until well combined.
5. Assemble: Pour the mixture into the prepared baking dish. Press down gently so the oats are evenly soaked. Sprinkle the remaining pecans on top and lightly press them in.
6. Bake: Place the dish in the oven and bake uncovered for 40–45 minutes, or until the top is lightly golden brown.
7. Make the frosting: While the oats are baking, use an electric hand whisk to blend the yogurt, softened cottage cheese, honey, and vanilla until smooth.
8. Cool before frosting: Let the baked oats cool in the dish for at least 20 minutes. Loosen the edges with a knife—this helps the oats firm up and prevents the frosting from melting.
9. Frost and finish: Once cooled, spread the frosting evenly over the top. Sprinkle with chopped pecans or your favourite toppings.
10. Serve and store: Slice into squares and enjoy! Store leftovers in the refrigerator.

essential nutriments
REGISTERED DIETITIANS