



PORTLAND PUBLIC SCHOOLS

Nutrition Services

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Easy & Delicious



Rainbow Carrot Cake Oatmeal

YOU WILL NEED

2 cups milk or water

1 cup quick rolled oats

2 tsp brown sugar

1 tsp vanilla

1/2 tsp cinnamon

**2 Tablespoons shredded
rainbow carrots**

Handful of raisin or nuts

ALL YOU HAVE TO DO

WASH HANDS BEFORE COOKING

1. In small pot bring 2 cups of water or milk to a boil.
2. Shred rainbow carrots
3. Stir in 1 cup quick rolled oats, cinnamon, vanilla extract, brown sugar and shredded rainbow carrots into the small pot
4. Simmer until oats are tender, for 5-7 minutes, until the internal temperature reaches 165 degrees F or higher
5. Serve in bowls and add a handful of raisins or nuts
6. Enjoy

SERVES 4