



## CARROT CAKE OAT CUPS



### INGREDIENTS:

- 2 scoops Glam Pro (Birthday Bliss or Breakfast in Bed)
- 1/2 cup rolled oats
- 1/2 cup shredded carrots (~2 small carrots)
- 1/2 cup egg whites
- 1/2 cup raisins
- 1/4 cup walnuts
- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- 1/4 cup almond milk

### DIRECTIONS:

1. Pre heat oven to 375 F
2. Place 6 baking liners on a muffin pan, spray with cooking oil
3. Use a box shredder to shred carrots
4. In a large bowl mix Glam Pro, oatmeal, baking powder, and cinnamon
5. In a separate bowl mix egg whites, milk, shredded carrots
6. Add wet mixture into the dry mixture, mix well
7. Add all the raisins and half the walnuts
8. Place mixture equally on the muffin pan
9. Top with remaining walnuts
10. Bake for 25-30 minutes or until inserted toothpick comes out clean

Enjoy!

Makes 2 Servings | Serving Size: 3 Oat Cups  
Calories: 330 | Protein: 26 g | Carb: 36 g | Fat: 10 g | Fiber: 5