

Pamela's Carrot Cake OVERNIGHT OATS



Pamela Sharpe, MS, NP
Nurse Practitioner & Chef

Pamela's Note:

Enjoy a hearty, healthy, and nutritious breakfast or snack perfect for fall. Benefits include healthy fats, probiotics, prebiotics, vitamins, and minerals. Prep this recipe for breakfast to help you stay active throughout the day or as a snack to help power you through a walk or hike in nature.

Ingredients

- 1 cup oat milk
- 1 cup old fashioned rolled oats
- 1 cup plain non-fat greek yogurt (may use unsweetened lactose free version if desired)
- ½ cup shredded carrots (the more finely shredded the better)
- ¼ cup golden raisins
- 1 tbsp chia seeds
- 1 tbsp almond butter (with just almonds preferably, no added palm oil or sugar)

Yields 3-5 Servings

- 1 tbsp maple syrup
- 1 tbsp ground flax seed
- 1 tbsp pumpkin seeds
- 1 tsp cinnamon
- 2 dashes of nutmeg
- 2-3 medjool dates, diced
- 1/16 tsp of organic pure vanilla or organic pure almond extract



Directions

1. Add all ingredients into a mixing bowl and stir to mix well.
2. Divide out the mixture into 3-5 servings of desired portions (3 for heart breakfast portions, 5 for smaller snack portions) and scoop into air tight containers.
3. Store in refrigerator overnight.
4. Enjoy the next day! Each container will last 3-4 days refrigerated.
5. Optional serving suggestion: top with 3-4 walnuts or pecans or a small sprinkle of homemade granola!





MEET PAMELA SHARPE, MS, FNP NURSE PRACTITIONER & TRAINED CHEF

INTEGRATIVE MEDICINE PROVIDER



ANCC Board-Certified Family Nurse Practitioner



Trained chef



Specializes in integrative & lifestyle medicine at the Osher Center for Integrative Health at the University of Cincinnati



Her philosophy is that it is never too late to change and even the smallest lifestyle changes can lead to lasting results



LIFESTYLE MEDICINE CONSULTATIONS WITH PAMELA

Lifestyle medicine gives you a personalized, evidence-based self-care treatment plan to take charge of your health to live your life to the fullest. This includes dietary & physical activity recommendations, stress relief techniques, and integrative therapies such as acupuncture and massage therapy.



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