

Naturally Sweet Oatmeal Apple Carrot Bake - No Sugar, No Flour

Flourless Oatmeal Apple Carrot Bake (No Sugar!)



OVEN
350°F

TIME
10 min

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INGREDIENTS

2 cups (200 g) rolled oats, chopped in a blender for a finer texture

1 tsp baking powder

1 cup (240 ml) milk of your choice (oat, almond, dairy-all work)

1 carrot, grated

1 apple, grated

9 dried apricots, rinsed in hot water and chopped

4 tablespoons raisins, rinsed in hot water

? Ingredient Tips & Swaps:

Oats: Rolled oats are best-quick oats may result in a softer texture, while steel-cut oats won't work for this recipe.

Milk: Any plant-based or dairy milk works. Almond and oat milk keep it extra clean.

Fruit: The combination of apple, carrot, raisins, and apricot makes it naturally sweet-no honey or maple needed.

Add-ins: Try shredded coconut, pumpkin seeds, or a spoonful of nut butter swirled in.

??? How to Make Sugar-Free Oatmeal Apple Carrot Bake:

Prep oats: Blend the rolled oats in a food processor or blender just until coarsely ground.

Mix dry ingredients: In a bowl, combine oats and baking powder.

Add wet and fruit: Stir in milk, grated apple, grated carrot, raisins, and chopped apricots. Mix

until well combined.

Let it rest: Let the mixture sit for 5-10 minutes to absorb some liquid.

Bake: Pour into a greased or parchment-lined loaf pan or baking dish. Bake at 350°F (175°C) for about 25-30 minutes, or until set and lightly golden.

Cool and slice: Let cool slightly before slicing into bars or squares.

? Tips for Success:

Use ripe fruit: Ripe apples and carrots are naturally sweeter and more flavorful.

Soak dried fruit: Rinsing or soaking plumps them up and improves texture.

Chill overnight: It firms up beautifully in the fridge and is even better the next day!

? Serving Ideas & Pairings:

Warm with a spoonful of Greek yogurt

Cold as a grab-and-go snack

Topped with almond butter or cream cheese

With tea, coffee, or a glass of oat milk

Alongside these No-Bake Peanut Butter Oatmeal Bars for a clean snack board

? Storage & Leftovers:

Refrigerator: Store in an airtight container for up to 5 days.

Freezer: Freeze individual bars for up to 3 months.

Thaw overnight or reheat in the toaster oven.

Reheat: Warm gently in the microwave or oven for a fresh-baked feel.

? More Healthy Recipes You'll Love:

3-Ingredient Oatmeal Breakfast Cookies

DIRECTIONS

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2. Mix dry ingredients: In a bowl, combine oats and baking powder.
3. Add wet and fruit: Stir in milk, grated apple, grated carrot, raisins, and chopped apricots. Mix until well combined.
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19. ? More Healthy Recipes You'll Love: 3-Ingredient Oatmeal Breakfast Cookies
20. No-Bake : Peanut Butter Oatmeal Bars
21. No-Bake : Monster Cookie Energy Balls
22. 3-Ingredient Egg Wrap
23. Viral : Cottage Cheese Pancake
24. ? Final Thoughts: This Flourless Oatmeal Apple Carrot Bake proves that clean eating can still feel indulgent. It's naturally sweet, totally satisfying, and flexible enough for breakfast, snacks, or even a light dessert. Plus, it's easy enough to make any day of the week!
25. Tried it? Tag @chefmaniac to show off your no-sugar success-and don't forget to save this recipe for your next batch of clean cravings!

TIPS FOR SUCCESS

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