

## Carrot Cake Porridge

**Serves:** 4

**Prep time:** 10 minutes + chill overnight

**Cook time:** 15 minutes



1 serve per portion

### Ingredients

2 medium carrots, grated

2 cups of water

1 apple, grated

2 cups rolled oats

2 cups milk, reduced fat

¼ cup raisins or sultanas

1-2 teaspoons cinnamon

¼ teaspoon nutmeg (optional)

⅓ cup walnuts, pepita, sunflower or flaxseeds (optional)

### Serving suggestions:

Natural yoghurt, reduced fat

Maple syrup

### Method

**COOK** the grated carrot and water in 1 cup of water in the saucepan over medium heat for 4–5 minutes until the carrot begins to soften.

**STIR** in the grated apple, oats, left over water, milk, raisins, cinnamon and nutmeg (if using).

**SIMMER** gently for 5–8 minutes, stirring regularly, until the oats are creamy and the carrot is soft.

**MIX** through your chosen crunchy add-in just before serving or sprinkle on top when serving.

**SERVE** warm with natural yoghurt.



Everyday Food

*Recipe courtesy of the Country Kitchens team*