

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

½ 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

BOIL the grated carrot in 1 cup of water in a 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