



# CARROT CAKE PORRIDGE

Aim: Warm and spicy, and a portion of veggies before the day begins!

## Ingredients

- 35g oats
- 15g vanilla protein powder
- 20g dates, chopped
- 100g carrots, grated
- Pinch cinnamon
- 10g almond butter
- 5g honey
- ~100ml unsweetened almond milk

## Directions

READY IN: 5 // SERVINGS: 1

1. Combine all ingredients and refrigerate overnight, or up to 3 days for advance prep!
2. To serve: cook gently in the microwave or over a low heat on the stove, stirring every 30 seconds, until it forms a cooked porridge.

Variations to consider: this is such a versatile dish! You can switch up the vegetables, dried fruit, nut butter and honey and completely change the flavour, as well as switching up the micronutrient profile of the dish. For example, another very tasty combination can be created by switching the carrots for courgette, the almond butter for peanut butter, the honey for maple syrup, and the dates for grated dark chocolate!

CALORIES

396

CARBOHYDRATE

49

PROTEIN

20

FAT

13

Nutrition values for one serving are based on average nutritional values of ingredients. Actual values will vary.