

CARROT CAKE PORRIDGE

Serves 4

INGREDIENTS:

250ml semi-skimmed milk
2 medium carrots, coarsely grated
40g sultanas
2 tsp ground cinnamon, to taste
80g porridge oats
40g seeds and berries of your choice eg flaxseed, chia, sunflower and pumpkin seeds, goji berries (often sold as a mix)
40g walnuts, chopped
200g Greek Yogurt

DIRECTIONS

Place the milk in a saucepan with 250ml water, the carrots, sultanas, cinnamon and a pinch of salt. Bring to a simmer and cook for 2 minutes.

Add the oats to the pan and cook gently for 5-7 minutes, stirring until soft and creamy.

Stir in most of the flaxseed mix and walnuts, then divide between bowls. Top with the yogurt, sprinkle over the reserved seeds and nuts, then serve.

TIP

Simmering the sultanas briefly before adding the oats helps them to plump up and become juicier and softer. This also releases their natural sweetness into the liquid, which then infuses into the oats as they cook. If you like porridge a little sweeter, serve with a drizzle of maple syrup.