

CARROT CAKE PORRIDGE



QUICK

Less
than 10
mins

HEALTHY

Carrots are a rich source of Beta carotene which can be converted into vitamin A in the body to help maintain healthy skin

FAMILY

Makes 1
portion

MEALS

This is a filling breakfast providing one of your 5 a day

INGREDIENTS

- 30g oats
- 200ml milk
- 40g carrots
- 10 raisins
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ - ½ tsp salt
- ½ tsp vanilla extract

Optional

- Zest of 1 lemon
- A few walnuts



METHOD

- 1) Peel and grate the carrots
- 2) Put everything into a saucepan
- 3) Bring to the boil and simmer till creamy
- 4) Serve

Yes these are yellow carrots



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com