

Carrot Cake Oat Pudding

Great as a warming breakfast or a healthy pudding, this is like rice pudding but with the added goodness of oats. Double or triple the recipe for a dish that all the family can dive into

Serves: 2 (or 1 generously) **Time:** 5–10 minutes (35 minutes for oven)

INGREDIENTS

- 1 small apple
- 1 medium carrot, peeled
- 200ml milk (or 100ml milk and 100ml water)
- 25g raisins, sultanas or other dried fruit
- 50g porridge oats
- a pinch of ground cinnamon
- a pinch of salt
- 1 heaped teaspoon sugar (optional)



Optional add-ins

- Desiccated coconut
- Chopped nuts or seeds
- Chocolate chips

Substitutions

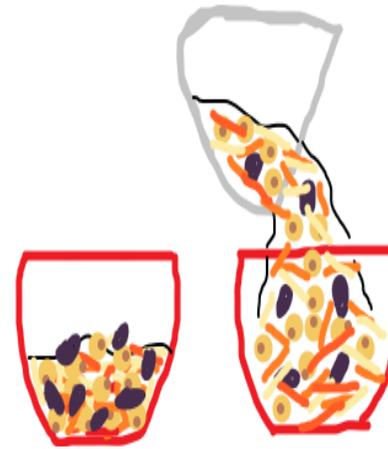
- Instead of apples, use pears or peaches
- Instead of cinnamon, try a pinch of ground ginger or nutmeg

Serving Suggestions:

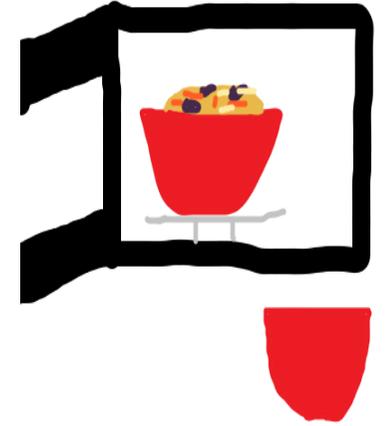
Eat while still hot with cold milk, yoghurt or whatever else you fancy.

Store any leftovers in the fridge and eat within three days.

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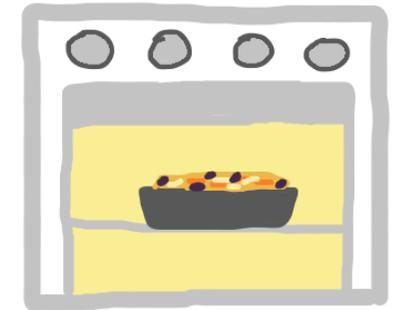
5. If baking in the microwave: divide between two microwave-safe bowls.



6. Cook each bowl at 700W for 2 minutes. If you only want one bowl now, you can store the other in the fridge for up to three days and cook it when you're ready.



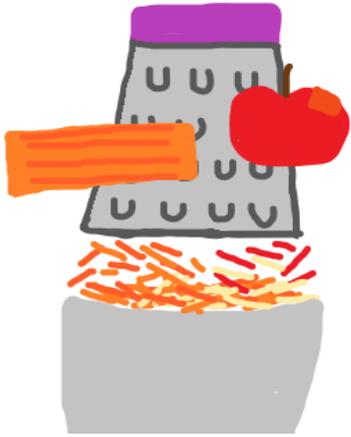
7. To bake in the oven: transfer the mixture into an ovenproof dish.



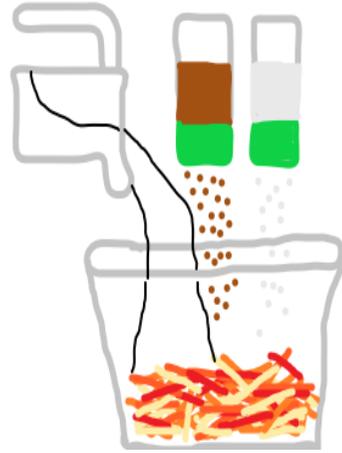
8. Bake at 180°C / 160°C fan / Gas Mark 4 for 30 minutes or until softly firm throughout. This method is great if you're making lots for everyone to share.

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CARROT CAKE OAT PUDDING



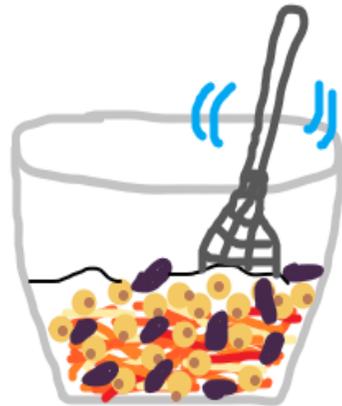
1. Grate the carrot and the apple into a mixing bowl. Carrot skin can be a little tough, so best to peel it first, but there's no need to peel the apple.



2. Add the milk, cinnamon, salt and sugar (if using).



3. Add in the oats and dried fruit, along with any other add-ins you want.



4. Mix all the ingredients together well.

Recipe info

Typical ingredients cost: £0.50

Typical fuel cost: £0.01 gas / £ 0.03 electric

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

