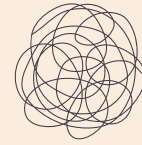




WHAT TO COOK WHEN YOU...
ARE LOW ON TIME

Carrot Cake Breakfast Biscuits with bonus gut-love



Low on time and often running out the door without breakfast? Or are you soooo not a “breakfast person”? Or maybe actually often needing that “second breakfast”? Then this is the recipe for you!



SERVES: 8

Serve at room temperature or warmed in the microwave with your favourite hot beverage.

DIETARY INFORMATION:

Vegetarian

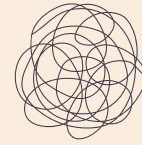
(Vegan Option)

STORAGE:

Kitchen bench, 4 days in an air-tight container.

Fridge, up to 8 days in airtight container.

Freezer, up to 3 months in air-tight container.



INGREDIENTS

- 1 egg (For a vegan option, make a flax egg with 1 tablespoon of flaxseed meal and 3 tablespoons of water)
- 1/2 cup nut butter of choice (almond or cashew butter work well as peanut butter can be overpowering)
- 1/4 cup pure maple syrup
- 1 medium ripe banana, mashed
- 1 cup of rolled oats
- 1 1/2 teaspoons of vanilla extract
- 2 tablespoons of psyllium husk powder (available in health food section of major supermarkets)
- 1 teaspoon baking powder
- 1-2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 3/4 cup carrot, grated (you can buy it pre-shredded at the supermarket)
- 1/4 cup of chopped walnuts or pepita seeds (optional)
- 1/4 cup of sultanas (optional)

METHOD

STEP ONE: Preheat a fan-forced oven to 175C and line a large baking tray with baking paper.

STEP TWO: Add egg, nut butter, maple syrup, mashed banana and vanilla to a food processor and blitz until well combined.

STEP THREE: Add in rolled oats, psyllium husk powder, baking powder, spices and salt to the bowl and mix in by hand until well combined. Then, fold in the grated carrot and any nuts, seeds or dried fruit. Add 2-3 tablespoons of water at a time to moisten if mixture is too dry to stick together.

STEP FOUR: Roll 2 tablespoons of dough into a small mound and place on the baking sheet. Repeat until all of the dough is used up.

STEP FIVE: Bake biscuits on the middle oven rack for 15-20mins until the edges are a golden brown.

STEP SIX: Remove from the oven and leave to cool on the baking tray. Store in an air-tight container when cooled completely.