



Carrot cake batter breakfast

This actually does taste like cake batter - a good and bad thing! If your cravings are ramped up by a sweet breakfast, then this might be best shared later as a dessert. Serves 1. Per serve: Cal: 409; Fat: 20g; Pro: 37g; Carbs: 13g

Serves: 1, Prep time: 00:05, Cook time: 00:00

Instructions

Lightly toast the walnut halves in a non stick frypan on the stove top, then remove and chop into bits.

Grate 1/2 the carrot, and cut the other half into chunks.

Add all ingredients except walnuts and the grated carrot into a small blender or Nutribullet.

Whizz until well blended. (The mixture will be thick).

Add the walnuts and grated carrot to a bowl and pour the mixture over, mixing to combine.

Pop in fridge to set (the chia seeds will do this) or consume as is.

Ingredients

- 6 Nut, walnut, raw
- 250 milliliters Almond milk, unsweetened (8.5 oz (U.S.))
- 25 grams Clean Lean Protein Chai, Turmeric and Maca (1 oz)
- 1 Carrot
- 2 tablespoon Chia seeds
- 0.5 teaspoon Cinammon
- 0.2 teaspoon Ground cloves
- 1 teaspoon Unsweetened vanilla extract
- 1 tablespoon Collagen peptides

**I used doTerra essential oils for cinammon and cloves as that's what I had on hand! If you use oils, ensure they are a good quality brand, and use 1-2 drops- you don't need a lot!*