



Low FODMAP Carrot Cake Porridge

Serves: 4

Prep: 5 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1 cup oats	120 g	4.2 oz
3 cups of water	750 g	26.5 oz
2 medium carrots, grated	150 g	5.3 oz
1 tsp cinnamon	2 g	0.07 oz
1 tbsp linseeds (flaxseeds)	15 g	0.53 oz
¼ cup raisins OR dried cranberries	40 g	1.4 oz
¼ cup walnuts (or other low FODMAP nuts you like)	30 g	1.1 oz
½ cup milk of your choice	128 g	4.5 oz
4 tbsp hemp seeds (optional)	40 g	1.4 oz
Maple syrup to serve		

Method

1. In a medium pot, add the oats and water stirring with a wooden spoon over medium heat.
2. When the oats just come to a boil, turn the heat down and add the carrots and cinnamon, stirring.
3. When the porridge has cooked to your liking, about 10-12 minutes total, take off the heat and stir in the linseeds (flaxseeds), dried fruit and nuts.
4. Serve into 4 bowls and top with the milk, maple syrup and to boost your protein, 1 Tbsp of hemp seeds.

Hints

For a gluten free option, try using quinoa instead of oats.

Nutrition Information (per serve)	
Energy	1214 Kj / 290 cal
Protein	9.60g
Carbohydrates	29.50g
Sugar	12.30g
Total Fat	14.00g
Saturated Fat	2.00g
Fibre	5.60g