



## Carrot spice no-oats breakfast

Delicious alternative to oats for something different, easy and can make either the night before or in the morning. Serves 2. Per serve: Cal: 505; Fat: 30.9g; Pro: 28g; Carbs: 16.9g

**Serves: 2, Prep time: 00:00, Cook time: -**

### Instructions

Blend all ingredients together in a blender or food processor until smooth. Split between two bowls. Can heat in pot or serve cold.

\*if no protein powder, use a raw egg + 1 tsp vanilla extract unsweetened.

### Ingredients

- 80 grams Apple puree (3 oz)
- 1 Medium carrot
- 1 tablespoon Coconut butter
- 0.33 cups Unsweetened almond milk
- 1 tablespoon Coconut cream
- 40 grams vanilla protein powder\* (1.5 oz)
- 1 tablespoon Chia seeds
- 1 teaspoon Cinnamon
- 0.5 teaspoon Ginger powder
- 0.5 teaspoon Turmeric powder