

A close-up photograph of a bowl of carrot cake porridge. The porridge is a thick, light-brown consistency. It is topped with several slices of fresh apple, dark raisins, and a variety of nuts including pumpkin seeds, almonds, and pine nuts. The bowl is white and sits on a green textured surface. There are decorative white line-art elements: a starburst above a raisin, a starburst above a nut, and a dashed circle around the bottom right of the bowl.

**SHEFFIELD'S  
SWEET ENOUGH**

**CARROT CAKE  
PORRIDGE**

# SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

## Carrot cake porridge

 Vegan, Vegetarian  Low saturated fat

This is full of the gorgeous flavours of carrot cake. Set your slow cooker overnight and add the toppings in the morning.

 Feeds 4  Ready in 8 hours 10 minutes

## Each serving contains

| Energy         | Fat     | Saturates | Sugar   | Salt   |
|----------------|---------|-----------|---------|--------|
| 15%            | Low 14% | Low 7%    | Low 21% | Low 6% |
| 1276kj 304kcal | 10.1g   | 1.4g      | 19.2g   | 0.35g  |

% of adult's reference intake | Carbohydrates per serving: 44g

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## Ingredients

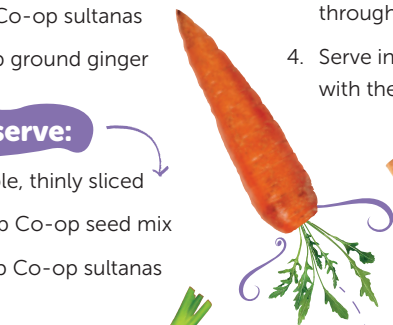
- 150g Co-op porridge oats
- 1 litre unsweetened almond drink
- 1 carrot, finely grated
- 1 apple, grated
- 2 tsp ground cinnamon
- 50g Co-op sultanas
- ½ tsp ground ginger

## To serve:

- 1 apple, thinly sliced
- 2 tbsp Co-op seed mix
- 1 tbsp Co-op sultanas

## Method

1. Put all the ingredients for the porridge into your slow cooker
2. Stir well to combine, then cook on low for 8 hours
3. In the morning, if a skin has formed, simply stir it through the porridge
4. Serve in bowls sprinkled with the toppings



EAT ME

DELICIOUS

