



## Walnut chia porridge

DF, filling, quick to make and really good hot or cold. Serves 2. Per serve: Cal: 405; Fat: 35g Pro: 11g  
Carbs: 15 g

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

### Instructions

Whizz the walnuts in a food processor until they resemble crumbs (or smash with rolling pin) and put in a small pot. Mash or whizz the banana and carrot together and add to pot, along with other ingredients other than the egg. Bring to a medium heat, stirring so all ingredients mix together. Once hot and blended, remove from heat and crack an egg into the mixture, stirring constantly to mix it properly without 'cooking' egg. Divide evenly between two bowls. If allergic to eggs, then can omit.

### Ingredients

- 0.5 cups Walnuts
- 1 Medium carrot, roasted
- 0.5 Banana
- 3 teaspoon Chia seeds
- 1 teaspoon Cinnamon
- 0.5 teaspoon Ground ginger
- 0.5 cups coconut milk
- 1 Eggs