



Carrot Porridge

Serves 2

Ingredients

20g Porridge
100ml milk
1 Carrot, peeled and cut into fingers

Method

1. Add water to a sauce pan bring to the boil while you prepare the carrot.
2. Place a metal colander on top of the sauce pan.
3. To prepare the carrot – Peel the skin using a peeler.
4. Trim the ends off the carrot and cut in half.
5. Cut each half into strip and cut the strips into finger sized pieces.
6. Steam carrot sticks for approximately 10 mins until soft enough to mash, reserve some carrot fingers to serve as finger food.
7. Mash the remaining carrots and set aside
8. Add milk to a pan and bring to a simmer. Add the oats and cook for 15 - 20mins until cooked
9. Add mashed carrot and mix well.
10. Serve immediately along with some carrot fingers.