

## Go Faster Breakfast Rock Cakes

1 egg  
60g butter, softened  
30g soft brown sugar  
60g runny honey  
30g golden syrup  
100g jumbo porridge oats  
100g finely grated carrots  
60g raisins  
60g dried apricots, chopped  
60g dried stoned dates, chopped  
½ teaspoon ground nutmeg  
½ teaspoon ground cinnamon  
100g wholemeal flour  
1 teaspoon baking powder

Preheat oven to 180C. Line 2 baking trays with baking parchment. Place the egg, butter, sugar, honey and syrup in a large bowl and beat until smooth and creamy. Stir in the oats, carrots, raisins, apricots, dates and spices. Add the flour and baking powder and stir to combine. The mixture will be a soft dough-like consistency.

Form little rocky mounds with a dessert spoon on the baking trays, leaving space between each one, allowing for the mixture to spread a little. Bake in the oven for 10 to 12 minutes or until golden. Transfer to a cooling tray and leave to cool and crisp up.

If you are nut free, add in 60g of chopped walnuts for extra crunch.

