

Baked Carrot and Parsnip Oatmeal Breakfast Cake

50g oats
20g carrot, grated
20g parsnip grated
15g chopped crystallised ginger
40g raisins
1 teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon freshly grated nutmeg
100ml milk or coconut milk
1 egg
1 tablespoon maple syrup
1 teaspoon vanilla extract
1 small ripe banana, mashed

Pre-heat the oven to 180C. Combine the oats, carrot, parsnips, ginger, raisins, baking powder and spices in a bowl. In a separate jug, whisk together the remaining ingredients. Mix into the dry ingredients. Tip the mixture into 2 small ovenproof dishes, about 250ml in volume, and bake for 30-35 minutes. There should be a very slight wobble in the middle. Leave to cool for 5 minutes, then serve with a spoonful of coconut yogurt and a drizzle more maple syrup.

You can prepare this the night before, but leave out the baking powder to stir in just before baking in the morning. What's not to like.....**cake for breakfast!!**

