

Carrot and oat loaf

Low GI • High Fibre

★ Serves: 8 slices

★ Prep: 10 mins

★ Cook: 45-55 mins



INGREDIENTS

300 g porridge oats
1 medium carrot, finely grated
2 tbsp mixed seeds (sunflower, pumpkin, flax)
1 tsp ground cinnamon
½ tsp ground ginger
1 tsp baking powder
½ tsp salt
2 eggs (or 2 tbsp chia seeds + 6 tbsp water for vegan)
250 ml milk (dairy or plant-based)
1 tbsp olive oil

METHOD

Prepare binder

Whisk the eggs OR mix chia seeds with water and leave 5 minutes to gel.

Mix dry ingredients

Combine oats, seeds, cinnamon, ginger, baking powder and salt in a bowl.

Add carrot

Stir in the grated carrot until evenly distributed.

Add wet ingredients

Add eggs or chia gel, milk and olive oil. Mix into a thick porridge-like batter.

Rest

Let the mixture sit for 10 minutes so the oats absorb the liquid.

Bake

Spoon into a lined loaf tin and bake at 180°C (fan) for 45–55 minutes until firm and golden.

Cool

Cool completely before slicing to allow the loaf to set and stay low-GI.

Serving suggestions	
Breakfast Boost	Spread with Greek yoghurt and a few berries or grated apple
Savoury Snack	Top with hummus or smoked mackerel pâté
Warm Comfort	Toast and serve with nut butter (no added sugar) and a sprinkle of cinnamon
Light Lunch	Pair with lentil soup, vegetable stew, or salad with olive oil dressing
Tea-Time Treat	Spread with ricotta or cottage cheese and a drizzle of lemon juice
You can freeze!	Slice, freeze, and reheat — serve toasted

From Hayle WellFed pilot – a partnership between Bodriggy Surgery, Sustainable Hayle / Good Shepherd Solutions (facilitating cookery sessions; community allotments) and Kehelland Trust (veg supply and farm visits). With thanks to Hayle Family Hub for their support.