

The Cinnamon Blast



Ingredients

- 1 apple
- 2 carrots
- 1/2 cup of oats
- 1 tbsp cinnamon
- 1 cup of Greek yoghurt
- 1/8 cup lemon juice

Method

1. Cook porridge with the oats.
2. Peel and roughly chop apple and carrots, and steam until soft.
3. Put all ingredients in a bowl and blend until smooth.

