



Visiting Nurse Association
of Northern New Jersey

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Breakfast Carrot Pudding (Paleo, Vegan & No Sugar added)

Yield: 4 servings. Recipe from theorganicdietitian.com.

Ingredients

- 3 large carrots grated (about 4 cups) *see note
- 1 can 13.5 ounces full fat coconut milk
- 1 1/2 teaspoons cardamom powder
- 2 teaspoons vanilla powder or extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup golden raisins
- 1/2 walnuts, cashews or almonds, chopped

Nutritional info

Calories	482
Fat	19g
Sodium	71mg
Carbohydrate	61g
Sugars	18g
Protein	9g
Calcium	313mg
Iron	7mg
Potassium	946mg

Directions

1. In a medium sauce pan over low-medium heat add all of the ingredients and mix well.
2. Cook the pudding mixture until the coconut milk slightly thickens and the carrots soften, about 8-12 minutes.
3. Serve warm with additional toppings as desired.
4. Store leftovers in an airtight container for up to one week.

*Use your food processor with grater attachment for a quick method of grating carrots.