



**Recipe Name:** Carrot and Oats Whole Wheat Bread Recipe

**Diet Type:**

**Course:** World Breakfast

**Cuisine:** Continental

**Quantity:** 1 slice



## Ingredients

| Ingredient                        | Quantity |
|-----------------------------------|----------|
| • 1 cup Carrots (Gajjar) - grated | 4        |
| • 1/2 cup Sooji (Semolina/ Rava)  |          |
| • 1/2 cup Instant Oats (Oatmeal)  |          |
| • 1 cup Whole Wheat Flour         |          |
| • 2 teaspoons Baking powder       |          |
| • 3/4 cup Milk                    |          |
| • 2 tablespoons Honey             |          |
| • 2 Whole Eggs - slightly beaten  |          |
| • 2 tablespoons Sunflower Oil     |          |

## Preparation

- We begin making the Carrot and Oats Bread Recipe by heating the oven at 180 degree Celsius to 20 minutes.
- Grease a rectangular loaf tin with parchment paper and keep it ready.
- Mix all the dry ingredients in a small bowl first and keep it ready.
- In another bowl, whisk egg, oil and honey using a blender till it is fluffy.
- Then add the grated carrot and whisk once more.
- Add the dry ingredients slowly and using a palette knife fold in the ingredients.
- Finally add the milk and mix well.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 150             | 5           | 28        | 3       | 4         | 5         |