

- 1 ½ cups rolled oats (certified GF if needed)

- ½ cup chopped walnuts or almonds

- 1 tsp cinnamon

- ½ tsp nutmeg

- ¼ tsp salt

Wet Mix

- 1 cup grated apple (1 medium, skin on)

- 1 cup grated carrot (1 large)

- 1 ripe banana, mashed (natural sweetener)

- 1 egg (or flax egg for vegan)

- 1 tsp vanilla extract

- ½ cup unsweetened almond milk

Optional Boosters

- 1 tbsp chia seeds

- 1 scoop unflavored protein powder

- 2 tbsp unsweetened coconut flakes

