



Breakfast Boost Rock Cakes

These make a great grab-and-go breakfast snack before early morning training or when you're pushed for time before work and need a boost of #Enerjoy! Packed with slow-releasing carbohydrate, omega-3 healthy fats and antioxidants, they'll sustain your energy better than a sugary biscuit or cake and keep your immune system in good form.

You can pop them in your pouch for on the bike or your kid's lunchbox too!

I hope you enjoy this recipe. You'll find more in my Go Faster Food for your Active Family book, available here - [Go Faster Books - Buy Online - Free UK P&P - Kate Percy's \(katepercys.com\)](https://www.katepercys.com)

For more recipes and advice on how to eat for #Enerjoy! head to [katepercys.com](https://www.katepercys.com).

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Preparation Time: 10 minutes

Cook Time: 20 minutes

Ingredients to make 20-24 rock cakes

- *60g walnuts, roughly chopped*
- *1 large, free-range egg*
- *60g butter, softened*
- *30g soft brown or coconut sugar*
- *90g runny honey*
- *100g jumbo porridge oats*
- *100g finely grated carrots*
- *60g raisins*
- *60g dried apricots, chopped*
- *60g dates, chopped*
- *½ tsp ground nutmeg*
- *½ tsp ground cinnamon*
- *100g self-raising wholemeal flour*
- *pinch of salt*
- *½ tsp bicarbonate of soda*

Method

1. Preheat the oven to 180°C/gas mark 4.
2. Lightly grease two baking trays with a little butter.
3. Put the grated carrots in a sieve and squeeze out any excess juice.



4. Place the egg, butter, sugar and honey in a large bowl and beat until smooth and creamy.
5. Stir in the oats, carrots, raisins, apricots, dates, walnuts and spices.
6. Add the flour, salt and bicarbonate of soda and stir to combine. The mixture will be a soft dough-like consistency.
7. Form little rocky mounds with a dessert spoon on the baking trays, leaving space between each mound for the mixture to spread a little.
8. Bake in the oven for 15-20 minutes, or until golden. With a spatula, transfer the cookies to a cooling tray and leave to cool and crisp up.