

# NOLA

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# KITCHEN

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— ALL-DAY CAFÉ MENU



NOLA — de No Labels — é um conceito de cozinha verdadeira em que a qualidade e origem de cada produto vem sempre em primeiro lugar. Aqui as pessoas unem-se em torno de um valor comum: uma alimentação equilibrada, saudável e saborosa, que melhora o nosso bem-estar e, por isso, nos faz mais felizes. Ser NOLA é rejeitar alimentos que ameaçam a nossa saúde. Açúcares e farinhas refinadas, ingredientes processados e conservantes não são permitidos no nosso menu. Acreditamos no poder da alimentação autêntica, rica em vegetais e proteína animal de melhor qualidade, proveniente de fontes éticas. Para nós não existe uma dieta única correta mas antes uma forma ideal de nos alimentarmos, aquilo a que chamamos: THE NOLA WAY OF LIFE.

Uma forma de estar, desfrutar e saborear.  
Convidamos-te a experimentar e a partilhar.

NOLA — stands for No Labels — is a new kitchen concept where real food comes first and people are united by a common belief: that real, healthy and tasty food makes us both healthier and happier. To be NOLA is to reject food that hurts our health and that's why refined sugars and flours, processed ingredients or preservatives are not allowed in our menu. We believe in the power of real food: more vegetables and ethically sourced, better quality meat and fish. We do not believe in one right diet, but in one right way of eating, what we call: THE NOLA WAY OF LIFE.

A way of being, enjoying and tasting.  
We invite you to try and share.

#nolakitchenporto









Alterações ao menu não são aceites  
(restrições alimentares são exceção).  
Alterations to the menu are respectfully  
declined (dietary requirements excepted).

Por favor informe o staff sobre alguma  
alergia alimentar. Let the staff know of  
any food allergies.

Pagamentos em separado não são  
aceites ao fim-de-semana e feriados.  
No split bills on weekends and public  
holidays.

—THE NOLA WAY OF LIFE

## SWEET CORNER

<p>PISTACHIO ENERGY BALL PB/Veg/GF/DF NUTS</p>		<p>4€ Tâmara, Farinha de Aveia, Pistáchio, Arandos e Pólen de Abelha</p> <p>Dates, Oat Flour, Pistachio, Cranberries &amp; Bee Pollen</p>
<p>CACAO PROTEIN BALL PB/Veg/GF/DF NUTS</p>		<p>4€ Cacau, Caju, Proteína by FOUR SIGMATIC, Sementes de Cânhamo, Farinha de Aveia e Xarope de Flor de Coco</p> <p>Cocoa, Cashew, Vegan Protein by FOUR SIGMATIC, Hemp Seeds, Oat Flour &amp; Coconut Flower Syrup</p>
<p>SNICKERS BALL PB/Veg/GF/DF PEANUT</p>		<p>4€ Manteiga de Amendoim, Cacau Nibs, Farinha de Aveia e Xarope de Flor de Coco, com topping de Chocolate Lindt 70% e Amendoim</p> <p>Peanut Butter, Cacau Nibs, Oat Flour &amp; Coconut Flower Syrup, topped w/ Lindt Chocolate 70% &amp; Peanut</p>
<p>CHOCOLATE CAKE PB/Veg/GF/DF [ i am nuts free ] SOY</p>		<p>6€ Cacau, Chocolate Lindt 70%, Farinha de Grão de Bico, Azeite Extra Virgem e Flor de Sal, servido com Caramelo de Tâmara-Miso</p> <p>Cocoa, Lindt Chocolate 70%, Chickpea Flour, Extra Virgin Olive Oil &amp; Sea Salt, served w/ Date-Miso Caramel</p>
<p>THE MOUSSE PB/Veg/GF/DF PEANUT</p>		<p>6€ Cacau, Tâmara, Manteiga de Amendoim e Leite de Coco</p> <p>Cocoa, Dates, Peanut Butter &amp; Coconut Milk</p>
<p>RAW CAKE PB/Veg/GF/DF NUTS</p>		<p>7€ Coco, Caju, Aveia, Tâmara, Baunilha e Flor de Sal, servido c/ Creme de Coco e Compota de Framboesa</p> <p>Coconut, Cashew, Oats, Dates, Vanilla &amp; Sea Salt, served w/ Coconut Cream &amp; Raspberry Jam</p>
<p>CARROT CAKE PB/Veg/DF NUTS/SOY</p>		<p>7€ Cenoura, Farinha de Espelta, Farinha de Amêndoa, Noz e Açúcar de Coco, servido com Ricota de Macadâmia e Caramelo de Tâmara-Miso</p> <p>Carrot, Spelt Flour, Almond Flour, Walnuts &amp; Coconut Sugar, served w/ Macadamia Ricotta &amp; Date-Miso Caramel</p>
<p>PANNA COTTA PB/Veg/GF/DF NUTS</p>		<p>7€ Panna Cotta de Coco e Noz Macadâmia, Chutney de Abacaxi e Trigo-sarraceno Crocante</p> <p>Coconut &amp; Macadamia Panna Cotta, Pineapple Chutney &amp; Crispy Buckwheat</p>

PB = Plant-Based / Vegan Veg = Vegetariano Vegetarian

\*GF = Sem Glúten Gluten-free

DF = Sem Lactose Dairy-free

\*Não apto para celíacos Not suitable for celiacs

# ALL-DAY BREAKFAST

## BANANA BREAD

10€

Fatia de Banana Bread, Manteiga de Caju e Coco, Banana e Chocolate Lindt 70%

PB/Veg/DF  
NUTS



Banana Bread Slice, Cashew & Coconut Butter, Banana & Lindt Chocolate 70% Chunks

## YOGURT BOWL

12€

logurte de Coco, Compota de Framboesa, Gra-NOLA, Caramelo de Tâmara-Miso e Banana

PB/Veg/GF/DF  
NUTS/SOY



Coconut Yogurt, Raspberry Jam, Gra-NOLA, Date-Miso Caramel & Banana

## OVERNIGHT OATS

12€

Aveia hidratada em Leite de Amêndoa, Manteiga de Caju e Coco, Chutney de Abacaxi, Gra-NOLA e Amora

PB/Veg/GF/DF  
NUTS



Rolled Oats hydrated in Almond Milk, Cashew & Coconut Butter, Pineapple Chutney, Gra-NOLA & Blackberry

## SIGNATURE AÇAÍ

12€

Frutos Vermelhos, Banana e Açaí, servido com Gra-NOLA, Manteiga de Caju e Coco, Banana e Cacau Nibs

PB/Veg/GF/DF  
NUTS



[ BOOST DE PROTEÍNA? ADICIONA PROTEÍNA VEGAN BY FOUR SIGMATIC +3€ ]

Red Berries, Banana & Organic Açaí, topped w/ Gra-NOLA, Cashew & Coconut Butter, Banana & Cacao Nibs

[ PROTEIN BOOST? ADD VEGAN PROTEIN BY FOUR SIGMATIC +3€ ]

## PANCAKE

14€

Calda de Avelã, Banana Brûlée, NOLA-tella, Trigo-sarraceno Crocante e Amora

PB/Veg/GF/DF  
NUTS

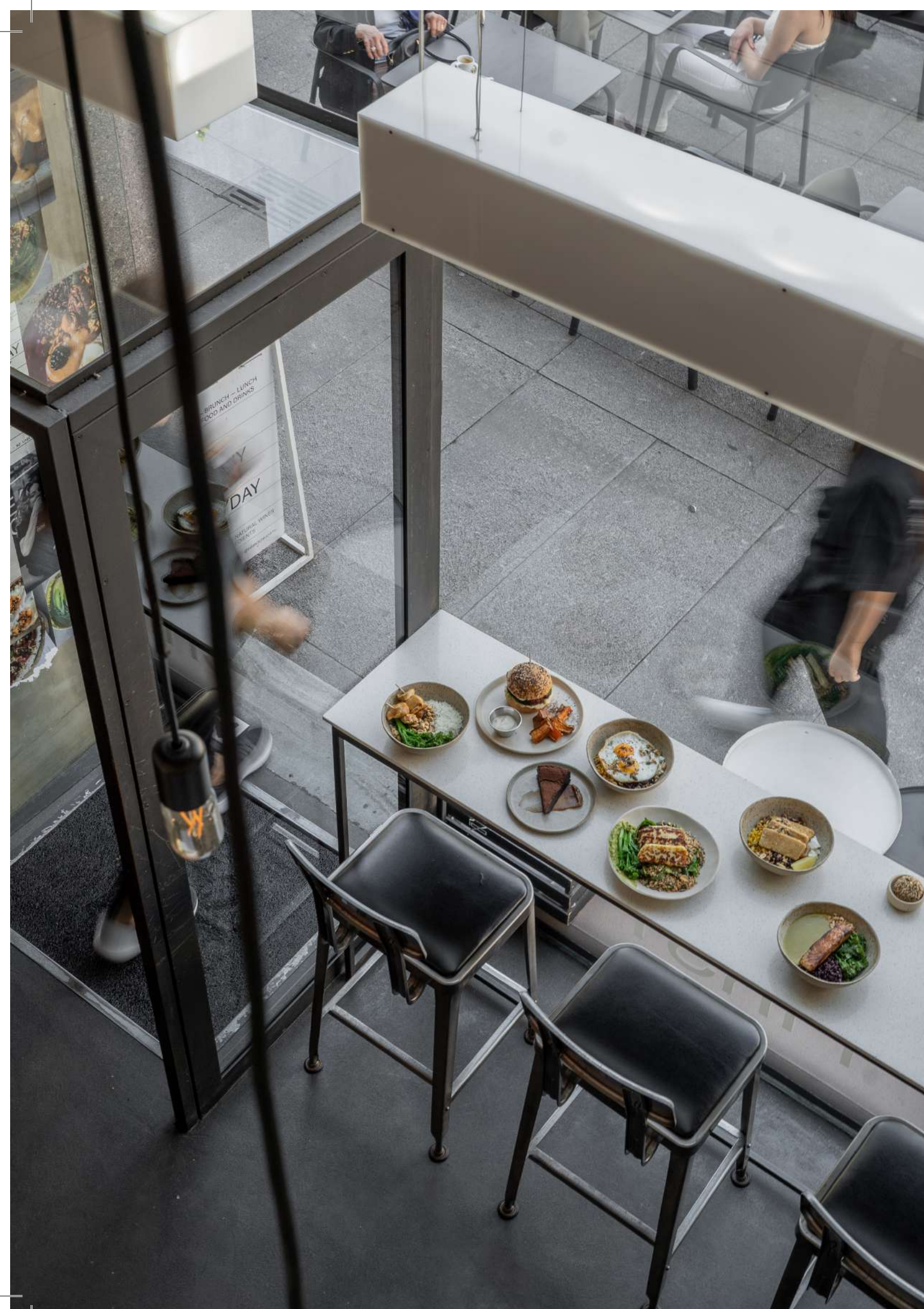


Hazelnut Sauce, Brûléed Banana, NOLA-tella, Crispy Buckwheat & Blackberry

NUTS Contém Frutos Secos ou Sementes Contain Nuts or Seeds

PEANUT Contém Amendoim Contain Peanuts

SOY Contém Soja Contain Soy



BRUNCH - LUNCH  
FOOD AND DRINKS

DAY

NATURAL WINE  
RESERVES

## EGGS & BREAD STATION

### AVO TOAST

Veg  
NUTS



14€

Pão de Fermentação Natural, Puré de Batata-doce e Beterraba Assadas, Abacate, Queijo Feta e Sementes de Abóbora

[ ADICIONA UM OVO BIOLÓGICO +2.5€ ]

Sourdough Bread, Roasted Sweet Potato & Beetroot Purée, Avocado, Feta Cheese & Pumpkin Seeds

[ ADD A SUNNY SIDE UP FREE-RANGE EGG +2.5€ ]

### CHEESY 'SHROOMS

Veg



14€

Mistura de Cogumelos Salteados, Creme de Queijo Comté, Brioche Vegan, Ovo Estrelado e Tomilho

Sautéed Mushrooms, Comté Cream, Sourdough Vegan Brioche Bun, Fried Egg & Thyme

### EGG-WHITE OMELETTE

Veg/GF  
PEANUT/SOY



14€

Base de Clara de Ovo, Batata-doce, Abacate, Queijo Feta e Gra-NOLA Salgada

Egg-white Omelette, Sweet Potato, Avocado, Feta Cheese & Salty Gra-NOLA

### HALLOUMI ROLL

Veg  
NUTS



15€

Queijo Halloumi Grelhado, Brioche Vegan, Abacate e Chutney de Tomate, servido com Wedges de Batata-doce e Molho de Queijo

Grilled Halloumi Cheese, Sourdough Vegan Brioche Bun, Avocado & Tomato Chutney, served w/ Sweet Potato Wedges & Housemade Vegan Cheese Sauce

### SHAKSHUKA

Veg/DF  
NUTS/SOY



16€

Ovo Escalfado em estufado de Tomate, Beringela e Especiarias, servido com Hummus, Avelã Tostada, Ricota de Macadâmia, Hortelã, Tâmara e Pão de Fermentação Natural

Poached Egg in Spiced Tomato & Eggplant Stew, served w/ Hummus, Toasted Hazelnut, Macadamia Ricotta, Mint, Dates & Sourdough Bread

### THE BEET BURGER

PB/Veg/DF  
NUTS



16€

Hambúrguer de Beterraba e Feijão Preto, Brioche Vegan, Abacate, Pepino Pickelado e Molho de Queijo Vegan, servido com Wedges de Batata-doce

Beetroot & Black Bean Burger, Vegan Sourdough Brioche Bun, Avocado, Pickled Cucumber & Housemade Vegan Cheese Sauce, served w/ Sweet Potato Wedges

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## SHARES & BITES

KALE & CASHEWS

10€

Chips de Kale e Cajus Tostados c/Especiarias

PB/Veg/GF/DF  
NUTS



Kale Chips & Toasted Cashews w/Spices

LOADED WEDGES

12€

Wedges de Batata-doce, Molho de Queijo Vegan, Milho, Abacate, "Facon Bits", Parmesão Vegan, Paprika Fumada e Coentros

PB/Veg/GF/DF  
NUTS/SOY



Roasted Sweet Potato Wedges, Housemade Vegan Cheese Sauce, Corn, Avocado, "Facon" Bits, Vegan Parmesan, Smoked Paprika & Coriander

CAULI'N'CHEESE

12€

Couve-flor Assada, Molho de Queijo Vegan, Gra-NOLA Salgada e "Facon Bits"

PB/Veg/GF/DF  
PEANUT/  
NUTS/SOY



Roasted Cauliflower, Housemade Vegan Cheese Sauce, Salty Gra-NOLA & "Facon" Bits

HUMMUS

12€

Hummus de Grão-de-Bico, Queijo Feta, Azeitona Fumada, "Spiced Pistachio", Za'atar e Pão de Fermentação Natural

Veg  
NUTS



Chickpea Hummus, Feta Cheese, Smoked Olives, Spiced Pistachio, Za'atar & Sourdough Bread

## KEEP YOUR FRIENDS CLOSE

## & YOUR FARMERS AND

## SUPPLIERS CLOSER

MAÇAROCA MERCEARIA VIVA | BICHO PADARIA ARTESANAL | COMBI COFFEE ROASTERS |  
COGUMELOS DO QUINTAS | CAVE BOMBARDA | WISDOM VALLEY | THE EQUAL FOOD |  
CAC COMPANHIA AVÍCOLA DO CENTRO | TALHO CENTRAL DO SEIXO | EARLY CAFÉ

NUTS Contém Frutos Secos ou Sementes Contain Nuts or Seeds

PEANUT Contém Amendoim Contain Peanuts

SOY Contém Soja Contain Soy



# SIGNATURE MAINS

## GREEN BOWL

15€

Abacate, Espinafre, Kale, Edamame, Pepino Pickelado, Maçã Granny Smith, Bimis, Gra-NOLA Salgada e Vinagrete Limão-Miso

[ BOOST DE PROTEÍNA? ADICIONA QUEIJO HALLOUMI OU CRISPY TOFU +4€ ]

PB/Veg/GF/DF  
PEANUT/SOY



Avocado, Spinach, Kale, Edamame, Pickled Cucumber, Granny Smith Apple, Broccolini, Salty Gra-NOLA & Lemon-Miso Vinaigrette

[ PROTEIN BOOST? ADD HALLOUMI CHEESE OR CRISPY TOFU +4€ ]

## RICE BOWL

16€

Ovos Biológicos Estrelados **OU** Crispy Tofu, Arroz Negro, Mistura de Cogumelos Salteados, Milho, Queijo Feta, Gra-NOLA Salgada e Molho Amendoim-Tamarindo

Free-range Fried Eggs **OR** Crispy Tofu, Black Rice, Sautéed Mushrooms, Corn, Feta Cheese, Salty Gra-NOLA & Peanut-Tamarind Sauce

Veg/GF  
PEANUT/SOY



## CHICKEN ON-A-STICK

16€

Espetadas de Frango Biológico em Teriyaki, Basmati de Coco e Lima, Bimis e Amendoim Tostado

Organic Chicken Skewers in Teriyaki, Coconut Lime Basmati Rice, Broccolini & Toasted Peanuts

GF/DF  
NUTS/SOY/  
PEANUT



## SALMON CURRY

[ i am slightly  
ginger spiced ]

18€

Base de Caril Verde, Lombo de Salmão Braseado, Arroz Negro, Bimis, Kale e Amendoim Tostado

Green Curry, Braised Salmon, Black Rice, Broccolini, Kale & Toasted Peanuts

GF/DF  
PEANUT/SOY



## SIDES

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3€	Bimis ao Vapor / Steamed Broccolini
3€	Pão de Fermentação Natural / Sourdough Bread
3€	Pepino Pickelado / Pickled Cucumber
3€	Abacate / Smashed Avocado
5€	Cogumelos Salteados com Tomilho / Sautéed Mushrooms w/ Thyme
5€	Wedges de Batata-doce / Roasted Sweet Potato Wedges


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## HIGH IN PROTEIN

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2.5€	Ovo Biológico Estrelado / Sunny Side Up Free-range Egg
2.5€	Queijo Feta / Feta Cheese
5€	Crispy Tofu [ i am not deep fried ]
5€	Queijo Halloumi / Halloumi Cheese
6€	Salmão Braseado / Braised Salmon [ i am medium rare ]
6€	Frango Biológico / Organic Chicken Skewers

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NOLA  
THIS BOTTLE  
CONTAINS  
A HIGH VOLUME  
OF VITAMINS  
& COOL VIBES

## THE SUPERHERO SHOT [ 60ml ] [ i'm really a shot ]

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IMMUNITY BOOSTER	4€	Abacaxi, Gengibre, Limão, Mistura de Pimentas, Mel, Curcuma e Pólen de Abelha Pineapple, Ginger, Lemon, Pepper Mix, Honey, Turmeric & Bee Pollen
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## COLD PRESSED JUICES [ 250ml ] [ all juices freshly squeezed to order ]

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O.J.	4.5€	100% Laranja 100% Orange
BUGGS BUNNY	5€	100% Cenoura 100% Carrot
LIFE'S A BEACH	5€	Ananás, Laranja, Hortelã e Gengibre Pineapple, Orange, Mint & Ginger
MY HEART BEETS FOR YOU	5€	Beterraba, Cenoura, Maçã Verde e Gengibre Beetroot, Carrot, Green Apple & Ginger
GRANNY'S	5.5€	100% Maçã Verde 100% Granny Smith Apple
INCREASE MY CELERY	5.5€	Aipo e Limão Celery & Lemon
PURPLE RAIN	6€	Pera, Maçã Verde, Amora e Manjeriçao Pear, Granny Smith Apple, Blackberry & Basil
DRINK YOUR SALAD	6€	Maçã Verde, Aipo, Pepino, Kale e Limão Granny Smith Apple, Celery, Cucumber, Kale & Lemon

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[ ADD-ON: GINGER +0.5€ ]

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# SUPERFOOD SMOOTHIES [ 500ml ] [ we are vegan ]

CRUNCHY MONKEY  
NUTS/PEANUT

7€

Manteiga de Amendoim, Banana, Leite de Amêndoa,  
Baunilha e Canela

Peanut Butter, Banana, Almond Milk, Vanilla & Cinnamon

SUNRISE, SUNRISE  
SOY

8€

Laranja, Cenoura, Banana, iogurte de Coco, Aveia, Gengibre  
e Curcuma

Orange, Carrot, Banana, Coconut Yogurt, Oats, Ginger  
& Turmeric

PEANUT & BERRIES  
PEANUT

8€

Frutos Vermelhos, Banana, Manteiga de Amendoim e  
Pólen de Abelha

Red Berries, Banana, Peanut Butter & Bee Pollen

STRESS LESS

8€

Banana, Espinafre, Matcha, Lima e Gengibre

Banana, Spinach, Matcha, Lime & Ginger

STRACCIA-STELLAR  
NUTS

10€

Banana, Abacate, Manteiga de Amêndoa, Tâmara,  
Cacau Nibs & Spirulina Azul

Banana, Avocado, Almond Butter, Dates, Cacao Nibs  
& Blue Spirulina

SIX PACK  
NUTS

10€

Cacau, Proteína Vegan by FOUR SIGMATIC, Manteiga de  
Avelã, Tâmara e Leite de Coco

Cocoa, Vegan Protein by FOUR SIGMATIC, Hazelnut Butter,  
Dates & Coconut Milk

## [ AVAILABLE ADD-ONS ]

**VEGAN PROTEIN BY FOUR SIGMATIC +3€** 

[ 18G PLANT PROTEIN + BOOST OF OF FUNCTIONAL MUSHROOMS &  
ADAPTOGENS BY FOUR SIGMATIC ]

**CBD +2€** 

**PROBIOTICS +2.5€** 

**VEGETABLE COLLAGEN BOOSTER +2.5€** 

**ADAPTOGEN BLEND +2€** 

## COFFEE STATION

ESPRESSO	1.5€	
ESPRESSO MACCHIATO	1.5€	
AMERICANO	3€	
ICED AMERICANO	3€	
COFFEE LATTE	3€	1 Espresso Shot
FLAT WHITE	3€	1 Espresso Shot
CAPPUCCINO	3.5€	2 Espresso Shots
ICED COFFEE LATTE	5€	2 Shots Espresso, Açúcar de Coco, Cardamomo e Leite de Aveia 2 Espresso Shots, Coconut Sugar, Cardamom & Oat Milk

[ EXTRA ESPRESSO SHOT +0.5€ ]

[ EXTRA VEGETABLE DRINK +0.5€ LEITE DE AVEIA BY OATLY BARISTA EDITION OAT MILK BY OATLY BARISTA EDITION ]

## LATTES &amp; TEA

CHÁ BIOLÓGICO ORGANIC TEA	3€	Menta / Limão e Gengibre / Camomila / Preto / Rooibos Mint / Lemon & Ginger / Chamomile / English Breakfast / Rooibos
MATCHA LATTE [ ICED VERSION AVAILABLE +0.5€ ]	5€	Matcha, Maple Syrup, Baunilha e Leite de Aveia Matcha, Maple Syrup, Vanilla & Oat Milk
GOLDEN LATTE	5€	Curcuma, Mistura de Especiarias e Leite de Aveia Turmeric, Mix of Spices & Oat Milk
CHAI LATTE [ GET IT DIRTY: ADD AN ESPRESSO SHOT +1€ ]	5€	Mistura de Especiarias by PRANA CHAI, Canela e Leite de Aveia Mix of Spices by PRANA CHAI, Cinnamon & Oat Milk
ADAPTOGENIC HOT CHOCOLATE	6€	Cacau, Caju, Avelã, Tâmarã, Reishi, Chaga, Moringa, Tulsi, Ashwagandha e Flor de Sal Cocoa, Cashew, Hazelnut, Dates, Reishi, Chaga, Moringa, Tulsi, Ashwagandha & Sea Salt

[ KEEP CALM & ADD CBD +2€ ]

# HYDRATION BAR

SUPERFOOD LEMON-AID 3€  
[ SEM AÇÚCAR / SUGAR-FREE ]

KOMBUCHA BIOLÓGICA 3.5€  
ORGANIC GINGER KOMBUCHA

ÁGUA MINERAL 2.5€  
STILL WATER 375 ML

ÁGUA COM GÁS 2.5€  
SPARKLING WATER 250 ML

# ALCOHOL BAR

SIDRA BIOLÓGICA 3.5€  
ORGANIC CIDER

CERVEJA ARTESANAL 3.5€  
PILSNER  
IPA

GIN TONIC 8€ Gin Biológico e Água Tônica  
Organic Gin & Tonic Water

SANGRIA 6€ 25€ Mirtilo, Hortelã, Vodka, Lima e Espumante  
Blueberry, Mint, Vodka, Lime & Sparkling Wine

VINHO NATURAL 6€ 25€ Pede ao Staff a carta de Vinhos  
NATURAL WINE Ask the Staff for the Wine menu

## A SHORTCUT...

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### ADAPTOGEN BLEND

Adaptogens are herbs, roots and mushrooms that help our body build resilience to stress and mitigate its further effects on the body. By strengthening our internal systems they also play a role in focus, performance and mood stability. Our blend is from FOUR SIGMATIC and contains Reishi, Chaga, Tulsi, Moringa, Ashwagandha, Eleuthero, Amla and Schisandra.

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### CRISPY TOFU

Organic tofu marinated in tamari, coated in corn starch and pan-fried in extra virgin olive oil.

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### DUKKAH

Crunchy egyptian mix of nuts, seeds and spices.

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### FACON BITS

Toasted organic TVP marinated in tamari and spices.

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### KOMBUCHA

Kombucha is a fizzy, sweet and sour fermented drink made from tea, sugar, bacteria and yeast - though most of the sugars are consumed during fermentation. It's a plant-based, easy and refreshing source of probiotics.

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### MACADAMIA RICOTTA

Macadamia nuts and coconut yogurt, blended into a smooth light paste that feels like tradicional ricotta.

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### SALTY GRA-NOLA

Savory granola with oats, sesame and peanut, used as a topping for salads and bowls.

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### SOURDOUGH BREAD

Sourdough is a naturally leavened bread, which means it doesn't use commercial yeast to rise. Instead, it uses a 'starter' - a fermented flour and water mixture that contains wild yeast and good bacteria - to rise. This process needs a long fermentation time, which produces the characteristic tangy flavor and makes gluten easier to digest leading to a chewy texture.

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### VEGAN CHEESE SAUCE

Cashew sauce with nutritional yeast: it has a sweet cheesy flavor.

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### ZA'ATAR

Middle-Eastern spice mix with oregano, sumac and sesame seeds.

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NOLA

MARKET

NOLA

SIGNATURE  
SPICES

NOLA MARKET  
SIGNATURE  
SPICES

NOLA MARKET  
SIGNATURE  
SPICES

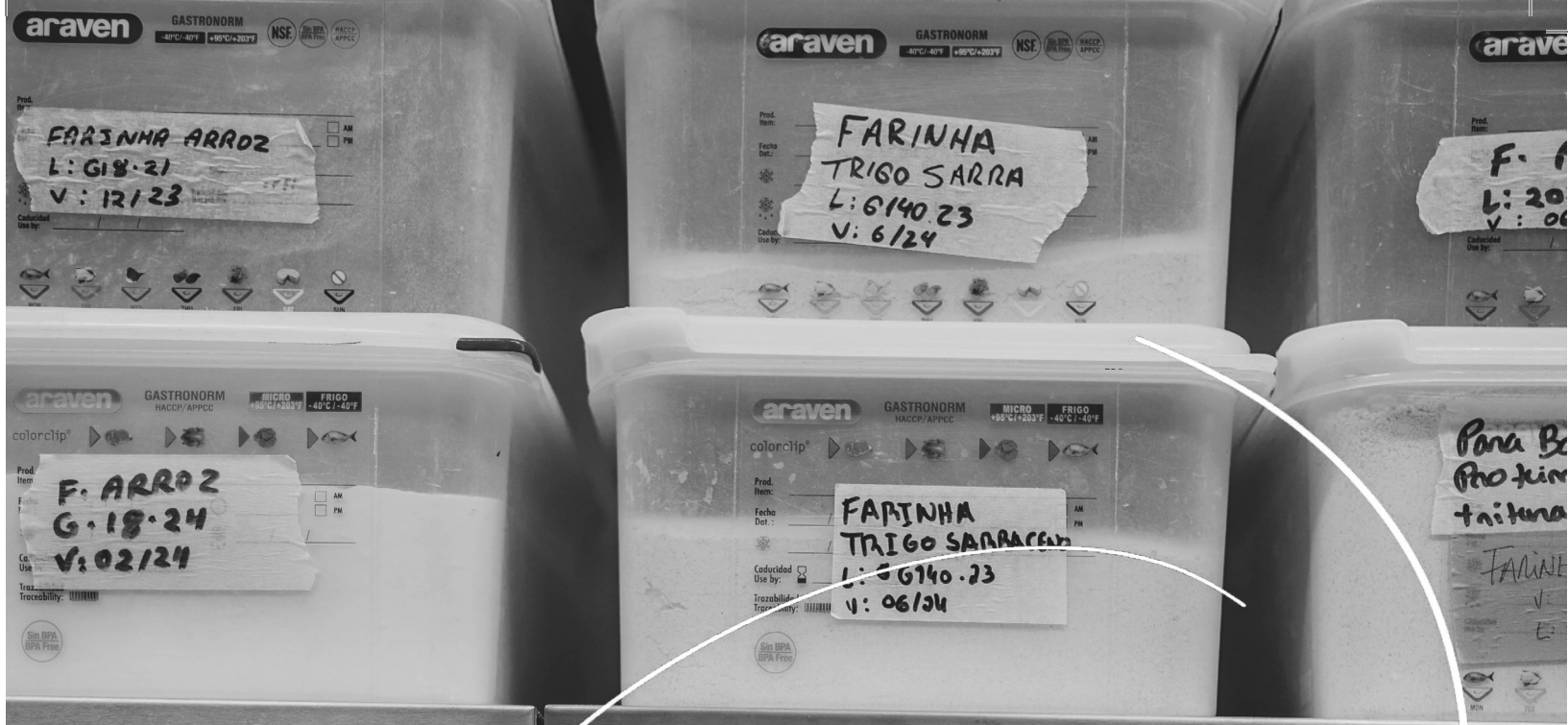
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NOLA

NOLA

NOLA

- Nenhum prato, produto alimentar ou bebida, pode ser cobrado se não for solicitado pelo cliente ou por este for inutilizado, de acordo com o Ponto 3, do Artigo número 135, do Decreto de Lei 10/2015.
  - Caso seja alérgico a algum alimento, por favor informe o nosso Staff, de acordo com o Regulamento UE número 1169/2011 e Decreto de Lei nº 26/2016.
  - Este estabelecimento possui livro de reclamações.
  - Preços com IVA à taxa em vigor.
- Any dish, food or beverage, can be charged if it was not required by the customer or else consumed by the customer (Ponto 3, do Artigo nr 135, do Decreto-Lei 10/2015).
  - In case you are allergic to any ingredient, please talk to our Staff (according to EU Regulation nr 1169/2011 & Decreto-Lei nr 26/2016).
  - This establishment has a complaint book.
  - Prices with VAT at the current rate.



x1 CAKE      x3 CAKES

CARROT CAKE FORMA INGLESA REGISTRO POR N° DE BOLOS

x1		x3
285 gr farinha de espelta	_____	855 gr
180 gr rapadura	_____	540 gr
60 gr farinha de amêndoa	_____	180 gr
3 gr flor de sal	_____	9 gr
6 gr bicarbonato	_____	18 gr
8 gr canela	_____	24 gr
1/2 tsp noz moscada	_____	4,4 gr
1 tsp gengibre	_____	8,6 gr
70gr nozes picadas	_____	210 gr
85 ml água	_____	255 gr
150 ml sumo cenoura (com casca)	_____	495 gr
10 gr vinagre de cidra	_____	30 ml
200 gr cenoura ralada	_____	600 gr

(descascada, aos pedaços, no <sup>Sage</sup> ~~Vitamix~~ até estar grosseiramente triturada) 5 segundos

100 gr azeite	_____	300 gr
90 gr puré de maçã	_____	270 gr

Pesar os secos todos numa bola. Pesar os húmidos noutra bola.  
 Untar a forma com azeite e farinha de espelta. Juntar os líquidos aos secos e com uma luva, misturar todos os ingredientes à mão.  
 Transferir a mistura para a forma e levar ao forno a 170° durante 45min.

+ 1200 por forma

HOMework!  
 CARROT CAKE  
 ♡

XOXO,  
 CREATIVE TEAM

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