



OATMEAL & BERRIES

	Ingredients	Exchanges
Protein	6.3 gm Bob's Red Mill® flax seed	1.7
	9.2 gm hemp seeds/hearts	2 (-2 gm fat)
Fat	28 gm butter	6 (-2 gm)
Carbohydrate	9.9 gm red raspberries, fresh	1.3
Other	4 gm erythritol Ground cinnamon	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small pot, combine the flax seed, hemp hearts, erythritol and butter.
- Warm over the stove until the flax seed and hemp hearts become fluffy and tender.
- Transfer to a serving dish.
- Serve warm topped with berries and ground cinnamon.

VARIATIONS

- Other fruits or berries can be used for this recipe such as strawberries, blueberries and oranges.
- Smart Balance can be used in place of butter for a lower saturated fat option.
- Other dry seasonings can be used such as pumpkin pie spice or nutmeg.