Modified Keto

2.8 net carbs

500 kcal

RASPBERRY & CREAM OATMEAL

Recipe developed by Chef Paige Vondran



Measurements	Ingredients	Net Carbs
2 oz.	Heavy Cream	
¼ cup	Manitoba Harvest® Hemp Hearts	1
2 Tbsp.	Bob's Red Mill flax seed	1
2 Tbsp.	Raspberries, fresh	.8
	½ tsp. Da Vinci Gourmet sugar-free maple syrup Dash of ground cinnamon	

DIRECTIONS

- Combine all ingredients in a bowl.
- Microwave for 1-2 minute or cook on the stove until melted and hot.
- Serve warm topped with fresh raspberries.

VARIATIONS

- Other fruits or berries can be used in this recipe such as blueberries, pomegranate, banana, apple, etc.
- The amount of hemp hearts and flax seed can be adjusted as needed.
- Adjust the amount of heavy cream as needed.



This recipe is designed to be used by patients who are followed by Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.