

RASPBERRY & CREAM OATMEAL

500 kcal	2.8 net carbs
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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.