

Raspberry Breakfast Bowl

1 cup low heated grain of choice (wheat, oat groats, barley, etc.)
1 cup fresh raspberries
2 TBSP Maple syrup
2 pitted Medjool dates
Water or Almond milk
Sunflower seeds

In a blender or food processor put ½ cup of your grain, ½ cup berries, dates and maple syrup.
Add enough water or almond milk to process and blend until smooth.

In a bowl put the unblended grain and add the blended ingredients. Top with sunflower seeds and the rest of the berries. Add more maple syrup if desired.

Recipe by Jo Francks