

## Whipped raspberry bowls

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Start your day with this berry delicious smoothie bowl.

- 1½ cups frozen raspberries (plus extra, to garnish)
- ⅓ cup granulated stevia
- 1½ cups quick oats
- ¾ cup plant-based milk
- ½ tsp sea salt

Top me with...

- A sprinkle of shredded coconut and a spoonful of chia seeds

### Method

In a pan, combine the berries, stevia and ¾ cup water over a medium heat.

Cook for 5 to 10 minutes or until the berries are warm, and roughly mash.

Add the oats, milk and sea salt, mixing well and cooking for an additional 8 to 10 minutes until the

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oats are soft.

Allow to cool slightly, then using either an upright or stick blender, process until light and fluffy.

Serve warm with toppings of your choice.

### Recipes and images by Sally O'Neil ([@thefitfoodieblog](#))

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