

# White Chocolate Raspberry Baked Oats

Oatmeal doesn't have to be boring. Bring in some fancy fun with these indulgent White Chocolate Raspberry Baked Oats.

This recipe incorporates **CanPrev's Fibre Feel** to nourish the good gut bacteria, supporting healthy digestion without triggering unwanted symptoms of an unhappy gut. Packed with ingredients that help healthy blood sugar metabolism, these oats make a great breakfast to energize your day.



**Preparation time: 35 mins | Servings: 1**



## Ingredients

- ½ cup rolled or quick oats
- ½ ripe banana
- ¼ cup unsweetened almond milk
- 1 egg
- 5 raspberries
- 2 tbsp white chocolate chips
- 1 tablespoon maple syrup
- 1 tablespoon almond butter
- ¼ teaspoon baking powder
- Pinch of cinnamon
- Pinch of sea salt
- 1 scoop Fibre Feel

### Optional toppings:

- Peanut butter for drizzling
- Maple syrup
- Splash of almond milk

## Method

1. Preheat oven to 350°F.
2. Add all ingredients except for the chocolate chips and raspberries into a food processor, and blend until smooth and thoroughly combined.
3. Pour mixture into a greased 8 oz baking dish, and stir in chocolate chips and raspberries.
4. Bake for 25 minutes or until an inserted toothpick comes out clean.
5. Let it cool, add your desired toppings, and enjoy!

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## Developed by: Hilary Bajzik



Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.

