

Raw blackcurrant porridge



 10 min.  420 kcal  SteviaSweet Crystal

Preparation

Mix the dry ingredients and **SteviaSweet Crystal** in a bowl. Blend the blackcurrants, banana and oat milk into a rough paste and mix with the dry ingredients. Leave the porridge to soak overnight in the fridge. Serve with blackcurrants and banana.

Ingredients for 3 servings

60 g	oatmeal
65 g	sunflower seeds
1/2 tbsp	SteviaSweet Crystal
1/2 tsp	salt
100 g	frozen blackcurrants
1	banana
200 ml	oat milk

To serve

65 g blackcurrants
1 banana

Nutritional information per portion

420	kcal
1764	kJ
12	g Protein
16	g Carbohydrates
59	g Fat