

Raspberry & Oatmeal Blended Smoothie, Serves 1

Ingredients:

- 1 ½ tbsp. medium oatmeal
- 1 cup raspberries
- 2 tsp clear honey
- 3 tbsp low fat probiotic

What to do:

1. Spoon the oatmeal into a large heatproof bowl, pour in about ½ cup of boiling water and leave to stand for around 10 mins or until the water is completely absorbed
2. Put the soaked oats into a blender and add the raspberries, honey and 2 tbsp of yoghurt
3. Process until smooth
4. Pour the raspberry and oatmeal smoothie into a large glass, swirl in the remaining yoghurt, chill in the fridge until you are ready to drink
5. If it thickens up you can add some mineral water before serving