

# Ginger, Berries & Oats. Oh My!

Serves: 1

## **What you will need:**

A Blender  
1/4 cup raw oatmeal  
1/4 cup almond milk or coconut milk  
1/2 teaspoon grated fresh ginger  
1 cup fresh blackberries  
1/2 cup sliced strawberries  
1 teaspoon honey or a few drops of stevia  
1/2 cup ice

Blend until well blended. Pour, serve and enjoy!

**179 CALORIES**