



### Almond Butter, Cacao & Raspberry Bircher

Med carb Breakfast



By Adam Lloyd

This recipe is wonderful to settle disputes over personal favourite nut-butters, any can be used (just remember this will affect the macronutrient content). Aim to use raw cacao which is an excellent source of flavanols – plant compounds associated with antioxidant activity. There is evidence to suggest that flavanols help improve circulation to the heart and have anti-inflammatory properties, which could help to reduce inflammation and support recovery after a workout. It is important to use raw cacao because the cacao used in the chocolate making process has a significantly reduced flavanol content in comparison as it is destroyed in the processing. Cacao is also rich in potassium, helping to regulate blood pressure and magnesium which helps with muscle function. Don't forget if you have an early start this can be made in a Tupperware or empty jar to eat on the go and don't forget your spoon!

**Prep:** 5 min

**Fresh:** 2 days

**Beginner**

#### Ingredients for 1 Portion(s)

**200 ml** Whole milk

**50 g** Raspberries

**50 g** Porridge oats

**15 g** Almond butter

**10 g** Cacao Powder

**10 g** Linwoods Milled Flaxseed

**5 g** Honey

#### Method

Mix everything together in a bowl and leave to refrigerate overnight or for a minimum of two hours.