**Raw Apple Banana “Oatmeal” With Blackberries**

Ingredients:

2 Apples, diced

1 large ripe Banana, roughly chopped

¼ tsp Cinnamon

¼ tsp Cardamom

½ cup Blackberries

Directions:

Place the apples, banana, cinnamon and cardamom in a food processor and pulse until chunky and creamy.

Transfer to a bowl and top with blackberries, raisins or cranberries if desired. Serve and enjoy!

Taken from Medical Medium