



Oatmeal with Blueberries (lighter version, lactose-free) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Rice Milk <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	Highbush Blueberry <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	4	Tablespoon	10 g
<input type="checkbox"/>	Almonds 2 <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	Blue Poppy <i>(5 g)</i>	1	Teaspoon	5 g