

# Oatmeal with Blueberries and Amaranth - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Almond Milk</b> <i>(1 ml)</i>	250	Gram	1 ml
<input type="checkbox"/>	<b>Highbush Blueberry</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Almonds 2</b> <i>(1 g)</i>	15	Gram	1 g
<input type="checkbox"/>	<b>Puffed Amaranth 2</b> <i>(1 g)</i>	9	Gram	1 g

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