



Oatmeal with Blueberries - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 1.5% <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	Highbush Blueberry <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	6	Tablespoon	10 g
<input type="checkbox"/>	Almonds 2 <i>(1 g)</i>	10	Gram	1 g
<input type="checkbox"/>	Blue Poppy <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Coconut Flakes <i>(6 g)</i>	1	Tablespoon	6 g