

# Oatmeal with Blueberries (lactose-free version) - Ingredients

---

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

---