Lemon Blueberry Oatmeal

Directions: Add 8 oz (240 mL) of hot or cold water to the bag. Stir to mix well & let stand until the mixture thickens. Add 1 Tbsp (14 g) coconut oil. Stir to mix well and enjoy!

Ingredients: instant oats, whole milk powder, blueberries, almonds, brown sugar, lemon powder, coconut oil

Nutrition: 519 kcal (130 cal/oz), 17 g protein, 62 g carbohydrate, 7 g fiber, 30 g total sugar, 13 g added sugar, 24 g fat, 140 mg sodium

Net weight: 4 oz | 113 g **Expiration Date:** _____

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