

LOW FODMAP

Superfood Blueberry Oatmeal

Recipe Courtesy of Chardonée Donald, MS, CBHS, CHN, CNS, LDN



Ingredients:

- ½ cup gluten free rolled oats
- 1 cup hempseed, walnut, almond or rice milk
- 1 tbsp chia seeds
- ¼ cup blueberries
- Maple syrup, hemp seeds, pumpkin seeds, walnuts (optional)

Instructions:

1. Cook oats and chia seeds with the milk until soft and creamy.
2. Top with blueberries, hempseeds, pumpkin seeds, and walnuts (optional)