

# What I Eat in a Day #8



We started our day with Blackberry Oatmeal made easily in a rice cooker. We had  $\frac{1}{2}$  of a granola bar for a snack and some Chinese Inspired Soup for lunch. For dinner we had homemade pizza, featured in this video or blog post along with an awesome kale salad.

## Breakfast | Blackberry Oatmeal

- $\frac{1}{2}$  Cup Oats
- OPT: 1 tsp Maca Powder and Chaga Mushroom Powder
- $\frac{1}{2}$  to 1 tsp Cinnamon
- $\frac{1}{2}$  Cup Coconut Milk
- $\frac{1}{2}$  Cup Water
- $\frac{1}{2}$  Cup Blackberries
- $\frac{1}{4}$  Cup Raisins

Place ingredients in a rice cooker, mix. Press cook, once it is done, top and serve. May also cook on the stove until desired consistency.

### Top With:

- Drizzle of Coconut Milk, Maple Syrup and 1 Blackberry

**Lunch | Shanghai Soup from The Artistic Vegan Cookbook**

**Dinner | [Homemade Pizza](#) with [Must Have Kale Salad](#)**

Link to [video here.](#)