

# Cream of wheat-Blueberries [To go back to INDEX - Click INDEX tab](#)

Cooking time:

12 minutes

cups

<b>Yield:</b>	<b>cups</b>	<b>5</b>	<b>3</b>
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<b>Milk, fat free</b>	<b>cups</b>	<b>2 2/3</b>	<b>1 1/3</b>
<b>Cream of Wheat*</b>	<b>cups</b>	<b>1</b>	<b>1/2</b>
<b>Berrys,blue frozen</b>	<b>cups</b>	<b>1/2</b>	<b>1/4</b>
<b>Grtrape Nuts</b>	<b>cups</b>	<b>1/2</b>	<b>1/4</b>
<b>Raisins</b>	<b>cups</b>	<b>1/2</b>	<b>1/4</b>

Add to bowl & Mix

Microway for 6 minutes, Then mix

Microway for 3 minutes, Then mix

Continue at 3 minutes until desire thickness

Serve &/or Add to container(s) & Frig for days or Freezer for months

**\*NOTE: Each packet of Cream of Wheat is 1/4 cup**