



Oatmeal with Banana, Amaranth and Raisins (lighter version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 1.5% <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Millet Flakes <i>(10 g)</i>	4	Tablespoon	10 g
<input type="checkbox"/>	Raisins <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Chia seeds 2 <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	Puffed Amaranth 2 <i>(3 g)</i>	1	Tablespoon	3 g