

## Oatmeal with Carob (lighter version, lactose-free) - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Rice Milk</b> <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	<b>Banana</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	<b>Carob</b> <i>(1 g)</i>	6	Gram	1 g
<input type="checkbox"/>	<b>Almonds 2</b> <i>(1 g)</i>	5	Gram	1 g

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