

Oatmeal Alternative (roasted) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 1.5% <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	Oat Flakes <i>(110 g)</i>	2	Cup	110 g
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Whole Chicken Eggs (S) <i>(43 g)</i>	2	Piece	43 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	Raspberries <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	Highbush Blueberry <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Hazelnut Butter <i>(15 g)</i>	1	Tablespoon	15 g
<input type="checkbox"/>	Flaked Almonds <i>(1 g)</i>	10	Gram	1 g