

Oatmeal with Nuts (lighter version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Almond Milk <i>(1 ml)</i>	250	Gram	1 ml
<input type="checkbox"/>	Oat Flakes <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	Walnuts <i>(1 g)</i>	15	Gram	1 g
<input type="checkbox"/>	Brazil Nuts <i>(1 g)</i>	10	Gram	1 g
<input type="checkbox"/>	Chia Seeds <i>(1 g)</i>	5	Gram	1 g
