

# Oatmeal with apple and nut butter (lactose-free) - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Rice Milk</b> <i>(1 g)</i>	240	Mililiter	1 g
<input type="checkbox"/>	<b>Apple</b> <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	<b>Hazelnut Butter</b> <i>(1 g)</i>	15	Gram	1 g

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