Oatmeal with Dried Plums (Lighter Version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
☐	**Cow's Milk 1.5%** *(1 g)*	250	Mililiter	1 g
☐	**Oat Flakes** *(1 g)*	40	Gram	1 g
☐	**Dried Plums** *(1 g)*	30	Gram	1 g
☐	**Pumpkin Seeds** *(1 g)*	5	Gram	1 g