



## Oatmeal with Figs (lactose-free) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Rice Milk</b> <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Walnuts</b> <i>(1 g)</i>	15	Gram	1 g
<input type="checkbox"/>	<b>Dried Fig</b> <i>(1 g)</i>	14	Gram	1 g
<input type="checkbox"/>	<b>Pumpkin seeds 2</b> <i>(1 g)</i>	10	Gram	1 g