

## Oatmeal with Nuts - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Almond Milk</b> <i>(1 ml)</i>	250	Gram	1 ml
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Brazil Nuts</b> <i>(1 g)</i>	16	Gram	1 g
<input type="checkbox"/>	<b>Walnuts</b> <i>(1 g)</i>	15	Gram	1 g
<input type="checkbox"/>	<b>Chia Seeds</b> <i>(1 g)</i>	15	Gram	1 g

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