

## Oatmeal with Banana, Amaranth, and Raisins (lighter version) - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Cow's Milk 1.5%</b> <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	<b>Banana</b> <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(10 g)</i>	4	Tablespoon	10 g
<input type="checkbox"/>	<b>Raisins</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Chia Seeds</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Puffed Amaranth 2</b> <i>(3 g)</i>	1	Tablespoon	3 g

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