

Apple and Grape Oatmeal - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	5	Tablespoon	10 g
<input type="checkbox"/>	Orange Juice <i>(1 ml)</i>	60	Mililiter	1 ml
<input type="checkbox"/>	Greek Natural Yogurt <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Apple <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Grapes <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon <i>(0.1 g)</i>	1	Pinch	0.1 g
