

# Oatmeal with strawberries and apple-yogurt sauce - Ingredients

---

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Mountain Oat Flakes (Instant)</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Kefir, 2% Fat</b> <i>(1 g)</i>	125	Gram	1 g
<input type="checkbox"/>	<b>Apple</b> <i>(180 g)</i>	0.5	Piece	180 g
<input type="checkbox"/>	<b>Strawberries 2</b> <i>(70 g)</i>	1	Handfull	70 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Cinnamon 2</b> <i>(1 g)</i>	1	Pinch	1 g

---