



Oatmeal with yogurt and jam - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Natural Yogurt 2% <i>(160 g)</i>	1	Package	160 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	Low-Sugar Blackcurrant Jam <i>(15 g)</i>	1	Teaspoon	15 g
