



Oatmeal with Carob (lighter version, lactose-free) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Rice Milk (1 g)	250	Mililiter	1 g
<input type="checkbox"/>	Banana (1 g)	60	Gram	1 g
<input type="checkbox"/>	Oat Flakes (1 g)	40	Gram	1 g
<input type="checkbox"/>	Carob (1 g)	6	Gram	1 g
<input type="checkbox"/>	Almonds 2 (1 g)	5	Gram	1 g