



Oatmeal Alternative (roasted) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 1.5% (250 g)	1	Cup	250 g
<input type="checkbox"/>	Oat Flakes (110 g)	2	Cup	110 g
<input type="checkbox"/>	Banana (120 g)	1	Piece	120 g
<input type="checkbox"/>	Whole Chicken Eggs (S) (43 g)	2	Piece	43 g
<input type="checkbox"/>	Greek Natural Yogurt (25 g)	2	Tablespoon	25 g
<input type="checkbox"/>	Raspberries (1 g)	40	Gram	1 g
<input type="checkbox"/>	Highbush Blueberry (1 g)	30	Gram	1 g
<input type="checkbox"/>	Hazelnut Butter (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Flaked Almonds (1 g)	10	Gram	1 g