



Oatmeal with dried plums (lighter version, lactose-free) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Rice Milk <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	Oat Flakes <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	Dried Plums 2 <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Pumpkin seeds 2 <i>(1 g)</i>	5	Gram	1 g