

# Oatmeal with Apple and Nut Butter (Lighter Version) - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(1 g)</i>	240	Gram	1 g
<input type="checkbox"/>	<b>Apple</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Millet Flakes</b> <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	<b>Hazelnut Butter</b> <i>(1 g)</i>	10	Gram	1 g

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