

# Jaglanka with Banana, Amaranth, and Raisins (Lactose-free Version) - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Rice Milk</b> <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	<b>Banana</b> <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	<b>Millet Flakes</b> <i>(10 g)</i>	6	Tablespoon	10 g
<input type="checkbox"/>	<b>Raisins</b> <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	<b>Puffed Amaranth 2</b> <i>(3 g)</i>	2	Tablespoon	3 g
<input type="checkbox"/>	<b>Chia seeds 2</b> <i>(1 g)</i>	1	Teaspoon	1 g

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