



Oatmeal with banana, almonds, and dried cranberries (lactose-free version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Rice Milk <i>(1 g)</i>	200	Mililiter	1 g
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	6	Tablespoon	10 g
<input type="checkbox"/>	Almonds 2 <i>(1 g)</i>	1	Tablespoon	1 g
<input type="checkbox"/>	Dried Cranberries <i>(12 g)</i>	1	Tablespoon	12 g