



## Chocolate Oatmeal - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Lard</b> <i>(1 g)</i>	100	Mililiter	1 g
<input type="checkbox"/>	<b>Water</b> <i>(1 g)</i>	80	Mililiter	1 g
<input type="checkbox"/>	<b>Banana</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Highbush Blueberry</b> <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	<b>Hazelnut Butter</b> <i>(7 g)</i>	1	Teaspoon	7 g
<input type="checkbox"/>	<b>Erythritol</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Flaked Almonds</b> <i>(6 g)</i>	1	Teaspoon	6 g