

Oatmeal with Nut Butter, Dates, and Apple - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 1.5% <i>(1 g)</i>	250	Mililiter	1 g
<input type="checkbox"/>	Apple <i>(180 g)</i>	1	Piece	180 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	5	Tablespoon	10 g
<input type="checkbox"/>	Hazelnut Butter <i>(15 g)</i>	1	Tablespoon	15 g
<input type="checkbox"/>	Dried Dates <i>(5 g)</i>	2	Piece	5 g
