

Spelt flakes with apple and cinnamon - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Spelt Flakes <i>(10 g)</i>	4	Tablespoon	10 g
<input type="checkbox"/>	Cow's Milk 2% <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	Apple <i>(180 g)</i>	0.5	Piece	180 g
<input type="checkbox"/>	Cinnamon 2 <i>(1 g)</i>	1	Portion	1 g
