

Egg omelette with oatmeal and jam - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	4	Tablespoon	10 g
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	3	Piece	51 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Low-Sugar Blackcurrant Jam <i>(15 g)</i>	1	Teaspoon	15 g
