



## Oatmeal with kiwi and grapes - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Kiwi</b> (75 g)	1	Piece	75 g
<input type="checkbox"/>	<b>Grapes</b> (10 g)	6	Piece	10 g
<input type="checkbox"/>	<b>Spelt Flakes</b> (10 g)	4	Tablespoon	10 g
<input type="checkbox"/>	<b>Greek Natural Yogurt</b> (150 g)	1	Package	150 g