

## Oatmeal with yogurt and jam - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(160 g)</i>	1	Package	160 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	<b>Low-Sugar Blackcurrant Jam</b> <i>(15 g)</i>	1	Teaspoon	15 g

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