



Breakfast recipe.
**Smoked paprika
chocolate oatmeal**

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Preparation.

1. Put the oatmeal, whole milk powder, cocoa powder and sugar in a ziplock.
2. Stick the chocolate chip cookie, dried apple and smoked paprika in another bag

Instructions.

3. Boil 2/3 cup of water. Mix in the ziplock with oatmeal ingredients.
4. Let it rest for two minutes, then add the toppings.

Ingredients.

- ½ cup oatmeal, 1.4oz(40gr) 145kcal
- Whole milk powder, 0.5oz(14gr) 60kcal
- ½ tbspcocoa powder, 0.14oz(4gr) 14kcal
- 1 tsp sugar, 0.14oz(4gr) 16kcal
- Chocolate chip cookie, 0.7oz(20gr) 90kcal
- Dried apple, 0.5oz(15gr) 52kcal
- 1/8 tsp smoked paprika, 0.02oz(0.6gr) 3kcal

3.4oz(97gr), 380kcal
kcal/oz=112