## Nesquik Cereals



## Ingredients: 1 Person

Milk	200	ml
Cereal	30	g
Cereal twice	30	g

## Nutrient values

Calories	100	kcal
Protein	50	g
Carbs		g
Fat		g

## Instructions

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- 1. Put everything together in bowl
- 2. Enjoy!
- 3. last step
- 4. another last step