test cereals



Ingred	${f lients:}$	1 F	Person
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 $\begin{array}{ccc} \text{Nesquik cereal} & 30 & \text{g} \\ \text{Milk} & 200 & \text{ml} \end{array}$

Nutrient values

Calories 203 kcal
Protein 9 g
Carbs 33 g
Fat 4 g

Instructions

1. Mix everything and Enjoy!