



Recipe Name: OATS UPMA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------