

Smoothie with Spinach, Banana, and Kiwi - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Water <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Kiwi <i>(75 g)</i>	1	Piece	75 g
<input type="checkbox"/>	Fresh Spinach <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Chia Seeds <i>(5 g)</i>	1	Teaspoon	5 g
