



Almond Porridge with Cinnamon and Berries - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Ground Almonds 2 (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Chopped Almonds (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Erythritol (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Almond Milk (1 ml)	300	Gram	1 ml
<input type="checkbox"/>	Black Blueberries (1 g)	100	Gram	1 g
<input type="checkbox"/>	Psyllium Husk (5 g)	1	Teaspoon	5 g
<input type="checkbox"/>	Cinnamon 2 (1 g)	1	Teaspoon	1 g