

## Banana, pear and oatmeal smoothie - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Edible Buttermilk, 0.5% Fat</b> <i>(240 g)</i>	1	Cup	240 g
<input type="checkbox"/>	<b>Banana</b> <i>(80 g)</i>	1	Small piece	80 g
<input type="checkbox"/>	<b>Pear</b> <i>(130 g)</i>	1	Piece	130 g
<input type="checkbox"/>	<b>Wheat Bran</b> <i>(7 g)</i>	1	Tablespoon	7 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(6 g)</i>	1	Tablespoon	6 g
<input type="checkbox"/>	<b>Avocado</b> <i>(140 g)</i>	0.25	Piece	140 g

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