

## Green Smoothie - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Water</b> <i>(1 g)</i>	150	Mililiter	1 g
<input type="checkbox"/>	<b>Lemon</b> <i>(80 g)</i>	0.5	Piece	80 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	<b>Greenhouse Cucumber</b> <i>(180 g)</i>	0.5	Piece	180 g
<input type="checkbox"/>	<b>Fresh Spinach</b> <i>(25 g)</i>	3	Handfull	25 g
<input type="checkbox"/>	<b>Parsley Root</b> <i>(80 g)</i>	0.4	Piece	80 g
<input type="checkbox"/>	<b>Oat Bran</b> <i>(8 g)</i>	2	Tablespoon	8 g

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