

Low Carb Chia Yogurt - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|---|--------|------------|--------------|
| <input type="checkbox"/> | Greek Natural Yogurt <i>(1 g)</i> | 300 | Gram | 1 g |
| <input type="checkbox"/> | Erythritol <i>(10 g)</i> | 5 | Tablespoon | 10 g |
| <input type="checkbox"/> | Chia seeds 2 <i>(1 g)</i> | 4 | Tablespoon | 1 g |
| <input type="checkbox"/> | Black Blueberries <i>(1 g)</i> | 150 | Gram | 1 g |
