

Nut & Coconut Smoothie - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Skyr – Icelandic Yogurt <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Flaked Almonds <i>(12 g)</i>	1	Tablespoon	12 g
<input type="checkbox"/>	Coconut Flakes <i>(4 g)</i>	2	Teaspoon	4 g
<input type="checkbox"/>	Almond Milk <i>(1 ml)</i>	100	Gram	1 ml
<input type="checkbox"/>	Highbush Blueberry <i>(50 g)</i>	2	Handfull	50 g
