

## Coconut pineapple smoothie - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Cow's Milk 3.2%</b> <i>(1 ml)</i>	100	Mililiter	1 ml
<input type="checkbox"/>	<b>Skyr – Icelandic Yogurt</b> <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	<b>Pineapple Slices in Syrup</b> <i>(15 g)</i>	2	Slice	15 g
<input type="checkbox"/>	<b>Coconut Flakes</b> <i>(4 g)</i>	2	Teaspoon	4 g
<input type="checkbox"/>	<b>Bee Honey</b> <i>(12 g)</i>	1	Teaspoon	12 g

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