

# Cereal bars with pear and spicy tomato juice - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato Juice</b> <i>(200 g)</i>	1	Cup	200 g
<input type="checkbox"/>	<b>Tabasco Sauce</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Cereal Bar</b> <i>(35 g)</i>	4	Portion	35 g
<input type="checkbox"/>	<b>Greek Natural Yogurt</b> <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	<b>Pear</b> <i>(130 g)</i>	1	Piece	130 g
<input type="checkbox"/>	<b>Cinnamon 2</b> <i>(1 g)</i>	1	Pinch	1 g

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