

# Smoothie with Spinach, Banana, and Kiwi - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Water</b> <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	<b>Banana</b> <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	<b>Kiwi</b> <i>(75 g)</i>	1	Piece	75 g
<input type="checkbox"/>	<b>Fresh Spinach 2</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Chia seeds 2</b> <i>(1 g)</i>	1	Teaspoon	1 g

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