



Manna Couscous with Sesame and Blueberries - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 1.5% <i>(1 g)</i>	200	Mililiter	1 g
<input type="checkbox"/>	Semolina Porridge <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Highbush Blueberry <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Maple Syrup 2 <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	Sesame Seeds <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Flaxseed <i>(5 g)</i>	1	Teaspoon	5 g