



## Tropical Smoothie - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Orange 2</b> (1 g)	1	Piece	1 g
<input type="checkbox"/>	<b>Lard</b> (1 g)	1	Cup	1 g
<input type="checkbox"/>	<b>Banana</b> (120 g)	1	Piece	120 g
<input type="checkbox"/>	<b>Mango 2</b> (280 g)	0.5	Piece	280 g
<input type="checkbox"/>	<b>Coconut Oil</b> (10 g)	1	Tablespoon	10 g