

# Banana-Strawberry Cocktail - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Cow's Milk 1.5%</b> <i>(250 g)</i>	0.5	Cup	250 g
<input type="checkbox"/>	<b>Edible Buttermilk, 0.5% Fat</b> <i>(240 g)</i>	0.5	Cup	240 g
<input type="checkbox"/>	<b>Banana</b> <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	<b>Frozen Strawberries</b> <i>(10.75 g)</i>	4	Piece	10.75 g
<input type="checkbox"/>	<b>Dried Cranberries</b> <i>(12 g)</i>	1	Tablespoon	12 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Flaxseed</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Chia seeds 2</b> <i>(1 g)</i>	1	Teaspoon	1 g