

# Almond Porridge with Cinnamon and Berries - Ingredients

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|                          | NAME                                     | AMOUNT | UNIT       | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | <b>Ground Almonds 2</b><br><i>(10 g)</i> | 1      | Tablespoon | 10 g         |
| <input type="checkbox"/> | <b>Chopped Almonds</b><br><i>(10 g)</i>  | 1      | Tablespoon | 10 g         |
| <input type="checkbox"/> | <b>Erythritol</b><br><i>(10 g)</i>       | 1      | Tablespoon | 10 g         |
| <input type="checkbox"/> | <b>Almond Milk</b><br><i>(1 ml)</i>      | 300    | Gram       | 1 ml         |
| <input type="checkbox"/> | <b>Black Blueberries</b><br><i>(1 g)</i> | 100    | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Psyllium Husk</b><br><i>(5 g)</i>     | 1      | Teaspoon   | 5 g          |
| <input type="checkbox"/> | <b>Cinnamon 2</b><br><i>(1 g)</i>        | 1      | Teaspoon   | 1 g          |

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