



Celery, Cucumber, Spinach and Avocado Smoothie - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Apple (100 g)	1	Small piece	100 g
<input type="checkbox"/>	Cow's Milk 2% (250 g)	1	Cup	250 g
<input type="checkbox"/>	Mountain Oat Flakes (Instant) (12 g)	2	Tablespoon	12 g
<input type="checkbox"/>	Celery Stalk (45 g)	1	Stem	45 g
<input type="checkbox"/>	Greenhouse Cucumber (180 g)	0.33	Piece	180 g
<input type="checkbox"/>	Kiwi (75 g)	1	Piece	75 g
<input type="checkbox"/>	Avocado (140 g)	0.5	Piece	140 g
<input type="checkbox"/>	Fresh Spinach 2 (1 g)	1	Handfull	1 g