



Date and pear milkshake - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Millet Groats <i>(13 g)</i>	4	Tablespoon	13 g
<input type="checkbox"/>	Pear <i>(130 g)</i>	0.5	Piece	130 g
<input type="checkbox"/>	Dried Dates <i>(5 g)</i>	1	Piece	5 g
<input type="checkbox"/>	Oat Bran <i>(8 g)</i>	2	Tablespoon	8 g
<input type="checkbox"/>	Cow's Milk 0.5% <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Cinnamon 2 <i>(1 g)</i>	1	Gram	1 g