

# Blueberry, berry, apple and avocado smoothie - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Apple</b> <i>(180 g)</i>	0.5	Piece	180 g
<input type="checkbox"/>	<b>Avocado</b> <i>(140 g)</i>	0.5	Piece	140 g
<input type="checkbox"/>	<b>Black Blueberries</b> <i>(130 g)</i>	1	Cup	130 g
<input type="checkbox"/>	<b>Highbush Blueberry</b> <i>(50 g)</i>	1	Handfull	50 g

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