



Low Carb Chia Yogurt - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Greek Natural Yogurt <i>(1 g)</i>	300	Gram	1 g
<input type="checkbox"/>	Erythritol <i>(10 g)</i>	5	Tablespoon	10 g
<input type="checkbox"/>	Chia seeds 2 <i>(1 g)</i>	4	Tablespoon	1 g
<input type="checkbox"/>	Black Blueberries <i>(1 g)</i>	150	Gram	1 g
