



Coconut pineapple smoothie - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cow's Milk 3.2% <i>(1 ml)</i>	100	Mililiter	1 ml
<input type="checkbox"/>	Skyr – Icelandic Yogurt <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Pineapple Slices in Syrup <i>(15 g)</i>	2	Slice	15 g
<input type="checkbox"/>	Coconut Flakes <i>(4 g)</i>	2	Teaspoon	4 g
<input type="checkbox"/>	Bee Honey <i>(12 g)</i>	1	Teaspoon	12 g