



Banana chia yogurt - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Greek Natural Yogurt <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Chia seeds 2 <i>(1 g)</i>	1	Tablespoon	1 g
<input type="checkbox"/>	Chopped Walnuts <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	2	Tablespoon	10 g