



## Fit Muffins - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	<b>Whole Wheat Flour</b> <i>(150 g)</i>	1	Cup	150 g
<input type="checkbox"/>	<b>Banana</b> <i>(120 g)</i>	0.5	Piece	120 g
<input type="checkbox"/>	<b>Bee Honey</b> <i>(25 g)</i>	3	Tablespoon	25 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(43 g)</i>	1	Piece	43 g
<input type="checkbox"/>	<b>Oat Bran</b> <i>(120 g)</i>	0.25	Piece	120 g
<input type="checkbox"/>	<b>Walnuts</b> <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	<b>16% Cocoa Powder</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(110 g)</i>	0.5	Cup	110 g
<input type="checkbox"/>	<b>Baking Powder</b> <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	<b>Baking Soda</b> <i>(5 g)</i>	0.5	Teaspoon	5 g