

Apple cereal bars and spicy tomato juice - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato Juice <i>(200 g)</i>	1	Cup	200 g
<input type="checkbox"/>	Tabasco Sauce <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Cereal Bar <i>(35 g)</i>	4	Portion	35 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Apple <i>(180 g)</i>	1	Piece	180 g
<input type="checkbox"/>	Cinnamon 2 <i>(1 g)</i>	1	Pinch	1 g
