



Birnenquark mit Feigen (laktosefrei) - Zutaten

| | NAME | MENGE | MASS | GESAMTGEWICHT |
|--------------------------|-----------------------------------|-------|-----------|---------------|
| <input type="checkbox"/> | Reismilch (1 g) | 250 | Mililiter | 1 g |
| <input type="checkbox"/> | Hirseflocken (1 g) | 50 | Gram | 1 g |
| <input type="checkbox"/> | Walnüsse 2 (1 g) | 15 | Gram | 1 g |
| <input type="checkbox"/> | Feige, getrocknet (1 g) | 14 | Gram | 1 g |
| <input type="checkbox"/> | Kürbiskerne (1 g) | 10 | Gram | 1 g |