



Wholegrain Toasties with Mozzarella - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Graham Toast Bread <i>(1 g)</i>	110	Gram	1 g
<input type="checkbox"/>	Tomato <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Mozzarella Cheese <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Cooked Pork Ham <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Dried Oregano <i>(1 g)</i>	2	Gram	1 g