

# Avocado and Sardine Paste Sandwiches (Heavier Version) - Ingredients

---

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	4	Slice of bread	35 g
<input type="checkbox"/>	<b>Tomato</b> <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	<b>Avocado</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Sardines in Oil 2</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Garden Dill</b> <i>(1 g)</i>	8	Gram	1 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(1 g)</i>	6	Gram	1 g
<input type="checkbox"/>	<b>Chives</b> <i>(1 g)</i>	5	Gram	1 g

---