



Hummus and salad sandwich - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Natural Hummus (20 g)	1	Tablespoon	20 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Wholemeal Rye Bread (30 g)	2	Slice of bread	30 g
<input type="checkbox"/>	Black Olives (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Iceberg Lettuce (40 g)	1	Leaf	40 g
<input type="checkbox"/>	Cherry Tomatoes (1 g)	50	Gram	1 g
<input type="checkbox"/>	Mozzarella Cheese (15 g)	1	Slice	15 g