



## Buckwheat pancakes with red lentils and kohlrabi - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Cow's Milk 1.5%</b> (250 g)	3.75	Cup	250 g
<input type="checkbox"/>	<b>Buckwheat Flour 2</b> (1 g)	2	Cup	1 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> (1 g)	1	Cup	1 g
<input type="checkbox"/>	<b>Water</b> (250 g)	0.5	Cup	250 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> (43 g)	1	Piece	43 g
<input type="checkbox"/>	<b>Red Lentils, Dry Seeds</b> (1 g)	0.25	Piece	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> (10 ml)	4	Tablespoon	10 ml
<input type="checkbox"/>	<b>Onion</b> (170 g)	0.25	Piece	170 g
<input type="checkbox"/>	<b>Kale</b> (20 g)	1	Handfull	20 g
<input type="checkbox"/>	<b>Ground Sweet Paprika</b> (3 g)	0.5	Teaspoon	3 g
<input type="checkbox"/>	<b>White Salt</b> (1 g)	1	Gram	1 g
<input type="checkbox"/>	<b>Ground Chili Pepper</b> (4 g)	0.25	Piece	4 g
<input type="checkbox"/>	<b>Black Pepper</b> (1 g)	1	Gram	1 g