



## Muesli with Apple and Yogurt - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>White Bread</b> (1 g)	200	Gram	1 g
<input type="checkbox"/>	<b>Apple</b> (180 g)	1	Piece	180 g
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> (1 g)	125	Gram	1 g
<input type="checkbox"/>	<b>Muesli with Raisins and Nuts</b> (1 g)	75	Gram	1 g
<input type="checkbox"/>	<b>Bee Honey</b> (1 g)	20	Gram	1 g
<input type="checkbox"/>	<b>Flaxseed</b> (1 g)	5	Gram	1 g