



Wholemeal bun with cheese, cherry jam, and fruit salad (apple, banana, orange) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Graham Roll (75 g)	1	Piece	75 g
<input type="checkbox"/>	Light Cottage Cheese (1 g)	30	Gram	1 g
<input type="checkbox"/>	Low-Sugar Blackcurrant Jam (15 g)	2	Teaspoon	15 g
<input type="checkbox"/>	Apple (180 g)	1	Piece	180 g
<input type="checkbox"/>	Banana (120 g)	1	Piece	120 g
<input type="checkbox"/>	Orange 2 (1 g)	1	Piece	1 g
<input type="checkbox"/>	Lemon Juice (3 g)	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon 2 (1 g)	2	Pinch	1 g
<input type="checkbox"/>	Bee Honey (12 g)	1	Teaspoon	12 g