



Wholemeal bun with blackcurrant jam - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Sunflower Roll (92 g)	1	Piece	92 g
<input type="checkbox"/>	Butter (10 g)	0.5	Teaspoon	10 g
<input type="checkbox"/>	Low-Sugar Blackcurrant Jam (15 g)	2	Teaspoon	15 g
<input type="checkbox"/>	Chicken Breast Ham (15 g)	2	Slice	15 g
<input type="checkbox"/>	Cherry Tomatoes (20 g)	2	Piece	20 g
<input type="checkbox"/>	Coconut (1 g)	3	Leaf	1 g
<input type="checkbox"/>	Mustard (10 g)	1	Teaspoon	10 g
<input type="checkbox"/>	Low-Fat Quark (1 g)	125	Gram	1 g
<input type="checkbox"/>	Pear (130 g)	1	Piece	130 g
<input type="checkbox"/>	Water (10 g)	2	Tablespoon	10 g
<input type="checkbox"/>	Lemon Juice (3 g)	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon 2 (1 g)	1	Pinch	1 g
<input type="checkbox"/>	Vanilla, Ground or Vanilla Bean Paste (2 g)	1	Piece	2 g