



Wholemeal roll with cheese, strawberry jam and strawberry-raspberry-currant fruit salad - 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 Strawberry Jam (15 g)	2	Teaspoon	15 g
<input type="checkbox"/>	Strawberries 2 (70 g)	1	Handfull	70 g
<input type="checkbox"/>	Raspberries (70 g)	1	Handfull	70 g
<input type="checkbox"/>	Red Currants (45 g)	1	Handfull	45 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