



Keto bread with chia, sunflower and flax seeds - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Fresh Cheese (Quark) <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	3	Piece	51 g
<input type="checkbox"/>	Coconut Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Baking Powder <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	White Salt <i>(5 g)</i>	0.5	Teaspoon	5 g
<input type="checkbox"/>	Psyllium Husk <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	Ground Flaxseed <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	Chia seeds 2 <i>(1 g)</i>	2	Tablespoon	1 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(10 g)</i>	3	Tablespoon	10 g