

Hafer-Apfel-Pfannkuchen - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	Ganze Hühnereier (S) (1 g)	170	Gram	1 g
<input type="checkbox"/>	Apfel (1 g)	45	Gram	1 g
<input type="checkbox"/>	Naturjoghurt 2 % (1 g)	40	Gram	1 g
<input type="checkbox"/>	Haferflocken (1 g)	40	Gram	1 g
<input type="checkbox"/>	Kokosöl (1 g)	12	Gram	1 g
<input type="checkbox"/>	Zimt (1 g)	5	Gram	1 g
