

Banana Breakfast Omelette - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Whole Chicken Eggs (S) <i>(43 g)</i>	2	Piece	43 g
<input type="checkbox"/>	Oat Flakes <i>(10 g)</i>	6	Tablespoon	10 g
<input type="checkbox"/>	Walnuts <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(10 ml)</i>	1	Tablespoon	10 ml
<input type="checkbox"/>	Raisins <i>(7 g)</i>	1	Teaspoon	7 g
<input type="checkbox"/>	16% Cocoa Powder <i>(5 g)</i>	1	Teaspoon	5 g
