

## Bun with Cottage Cheese - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Semi-Fat Quark Cheese</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Graham Roll</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(1 g)</i>	45	Gram	1 g
<input type="checkbox"/>	<b>Butter</b> <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	<b>Chives</b> <i>(1 g)</i>	3	Gram	1 g

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