

Whole grain bread - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | Whole Wheat Flour <i>(1 g)</i> | 300 | Gram | 1 g |
| <input type="checkbox"/> | Instant Dry Yeast <i>(7 g)</i> | 1 | Package | 7 g |
| <input type="checkbox"/> | Water <i>(1 g)</i> | 200 | Mililiter | 1 g |
| <input type="checkbox"/> | White Salt <i>(5 g)</i> | 1 | Teaspoon | 5 g |
| <input type="checkbox"/> | White Sugar <i>(5 g)</i> | 1 | Teaspoon | 5 g |
| <input type="checkbox"/> | Olive Oil <i>(10 g)</i> | 5 | Tablespoon | 10 g |
