

Wholemeal bread with ham and jam - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	Homogenized Full-Fat Quark Cheese <i>(30 g)</i>	1	Tablespoon	30 g
<input type="checkbox"/>	Low-Sugar Sour Cherry Jam <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	Cooked Pork Ham <i>(20 g)</i>	2	Slice	20 g
<input type="checkbox"/>	Mustard <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	Banana <i>(120 g)</i>	1	Piece	120 g