

## Roll with cheese and raspberry-apple yogurt - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Graham Roll</b> <i>(75 g)</i>	1	Piece	75 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	<b>Emmentaler Full-Fat Cheese</b> <i>(20 g)</i>	1	Slice	20 g
<input type="checkbox"/>	<b>Raspberries</b> <i>(70 g)</i>	1	Handfull	70 g
<input type="checkbox"/>	<b>Greek Natural Yogurt</b> <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(3 g)</i>	2	Teaspoon	3 g
<input type="checkbox"/>	<b>Cinnamon 2</b> <i>(1 g)</i>	1	Pinch	1 g
<input type="checkbox"/>	<b>Apple</b> <i>(180 g)</i>	1	Piece	180 g

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