

Wholemeal roll with cheese, strawberry jam and strawberry-raspberry-currant fruit salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Graham Roll <i>(75 g)</i>	1	Piece	75 g
<input type="checkbox"/>	Light Cottage Cheese <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Low-Sugar Strawberry Jam <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	Strawberries 2 <i>(70 g)</i>	1	Handfull	70 g
<input type="checkbox"/>	Raspberries <i>(70 g)</i>	1	Handfull	70 g
<input type="checkbox"/>	Red Currants <i>(45 g)</i>	1	Handfull	45 g
<input type="checkbox"/>	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	Bee Honey <i>(12 g)</i>	1	Teaspoon	12 g