

Roll with Gouda cheese and grapes, yogurt with walnuts - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Graham Roll <i>(75 g)</i>	1	Piece	75 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(15 g)</i>	1	Teaspoon	15 g
<input type="checkbox"/>	Gouda Cheese <i>(25 g)</i>	1	Slice	25 g
<input type="checkbox"/>	Kiwi <i>(75 g)</i>	1	Piece	75 g
<input type="checkbox"/>	Grapes <i>(100 g)</i>	1	Portion	100 g
<input type="checkbox"/>	Flaxseed <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Walnuts <i>(4 g)</i>	1	Piece	4 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon 2 <i>(1 g)</i>	1	Pinch	1 g