

Egg paste with avocado and seeds - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	2	Piece	51 g
<input type="checkbox"/>	Avocado <i>(140 g)</i>	0.5	Piece	140 g
<input type="checkbox"/>	Mayonnaise <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(12 g)</i>	1	Teaspoon	12 g
<input type="checkbox"/>	Chives <i>(5 g)</i>	1	Tablespoon	5 g
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	Sunflower Seeds <i>(8 g)</i>	1	Tablespoon	8 g
<input type="checkbox"/>	Walnut Kernels <i>(4 g)</i>	2	Piece	4 g
