

## List of ingredients

### Levain bun

Flour, rye flour, salt, yeast

### Sourdough bun with cranberries

Flour, rye flour, sunflowerseeds, oats, cranberry, salt, yeast

### Sourdough bun with apricot and raisin

Flour, rye flour, apricot, raisin, salt, yeast

### Sourdough bun with poppy seeds

Flour, rye flour, salt, yeast, poppy seeds

### Yoghurt bowl with berry compote and granola

Turkish yoghurt, strawberries, raspberries, blueberries, potato flour, sugar

### Granola

Oats, almonds, sunflower seeds, pumpkin seeds, flax seed, apple juice concentrate  
cinnamon, cardamom, rapeseed oil, coconut flakes, dried cranberries

### Overnight oats with mango and granola

Oats, almond milk, turkish yoghurt, flax seed, cardamom, mango

### Smoothie

Cranberry juice, strawberries, avocado

### Tasty bite

#### Raw boll carrot

Almonds, carrots, dates, coconut flakes, cardamom, sea salt

#### Raw boll oat

Dates, oats, coconut oil, coconut flakes

#### Brownie with black beans

Black beans, eggs, coconut oil, cacao, dark chocolate, dates, honey,  
baking powder, salt, vanilla sugar

#### Cinnamon bun

Flour, sugar, butter, almondpaste, syrup, vanilla cream powder, yeast, salt, cardamom, cinnamon

#### Banana bread

Banana, rye flour, egg, honey, coconut oli, salt, cinnamon, bicarbonate, vanilla sugar  
To spread – Peanut butter

#### Marzipan princess cake

Flour, sugar, egg, whipped cream, milk, potato flour, raspberry jam, marzipan, vanilliasugare, corn starch, baking powder