Rustic Cheese with Seeds - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
☐	**Grained Quark** *(1 g)*	150	Gram	1 g
☐	**Greenhouse Cucumber** *(1 g)*	40	Gram	1 g
☐	**Pumpkin seeds 2** *(1 g)*	1	Tablespoon	1 g
☐	**Sunflower Seeds (Shelled)** *(10 g)*	1	Tablespoon	10 g