



## Fruit salad with sunflower seeds and pumpkin seeds - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Grapes</b> (10 g)	11	Piece	10 g
<input type="checkbox"/>	<b>Tangerines</b> (65 g)	2	Piece	65 g
<input type="checkbox"/>	<b>Dried Fig</b> (14 g)	2	Piece	14 g
<input type="checkbox"/>	<b>Pumpkin seeds 2</b> (1 g)	1	Teaspoon	1 g
<input type="checkbox"/>	<b>Sunflower Seeds (Shelled)</b> (5 g)	1	Teaspoon	5 g