

# Cherries and Pumpkin Seeds

*Swick*

Makes 1 servings | Active Time: 5 minutes | Total Time: 5 minutes

## Chef's Notes

Nutrition: Calories 194; Fat 13g; Carbs 16g ; Fiber 5g; Sugar 9g; Protein 8g;  
Cholesterol 0mg; Sodium 5mg; Vitamin A 44IU; Vitamin C 5mg; Calcium 29mg;  
Iron 5mg

## Step 1: Method

- 1/2 cup Cherries (154 grams)
  - 1/4 cup Pumpkin Seeds (30 grams)
- Combine ingredients into the snack box. Enjoy!