Mixed Seed Ingredients

Sr No.	Ingredients	Amount
1	Flaxseed	0.4 whole Cup(s) = 67.2g
2	Pumpkin seeds	0.5 Cup(s) = 62.5g
3	Sunflower Seeds, dry roasted	0.5 Cup(s) = 64g
4	Watermelon seeds	1 Cup(s) = 108g
5	Sesame Seeds	0.25 Cup(s) = 36g
6	Chia Seeds	30 Gram