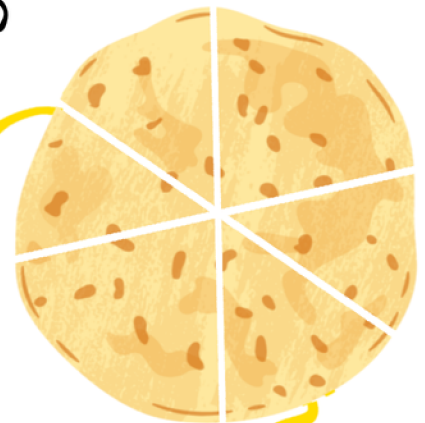


# The d.i.s.a.s.s.e.m.b.l.e.d

(Total of carbs ~45g)



## Ingredients



Hummus  
( $\frac{1}{2}$  cup = ~10g)

Whole wheat pita bread cut into triangles  
(1 pita of 10 cm diameter = ~15g)



Tomatoes  
(10 tiny = ~5g)

Cucumber cut into slices  
(1 = ~0g)



Grapes  
(15 = ~15g)



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