```python
# sum_numbers2.py
#
# ICS 32 Winter 2014
# Code Example
#
# This function sums the integers in a list of *lists* of integers.

def sum_numbers(numlist: [[int]]) -> int:
    '''Adds up the integers in a list of lists of integers'''
    sum = 0

    for sublist in numlist:
        for num in sublist:
            sum += num

    return sum



assert(sum_numbers([[1, 2], [3, 4], [5, 6, 7]]) == 28)
assert(sum_numbers([[1], [2], [3, 4, 5]]) == 15)
assert(sum_numbers([[3], [], [5]]) == 8)
assert(sum_numbers([[1, 2]]) == 3)
assert(sum_numbers([[9]]) == 9)
assert(sum_numbers([]) == 0)
```