



ZIMOWA SAŁATKA OWOCOWA

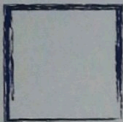


CO PRZYGOTOWAĆ?

PORCJA DLA 2 OSÓB



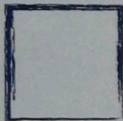
1 KIWI



1 BANAN



2 POMARAŃCZE



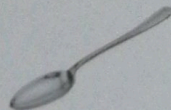
1 CYTRYNA



MIÓD



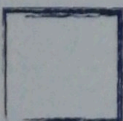
NÓŻ



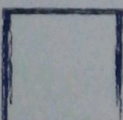
ŁYŻKA



WYCISKARKA
DO OWOCÓW



MISKA



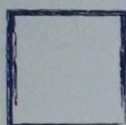
DESKA DO KROJENIA



CO TRZEBA ZROBIĆ?



UMYJ RĘCE



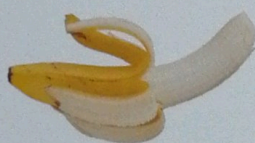
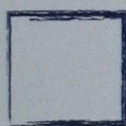
UMYJ



POMARAŃCZE



I CYTRYNĘ



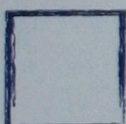
OBIERZ BANANA



1 POMARAŃCZĘ



I KIWI



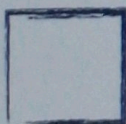
POKRÓJ



BANANA



POMARAŃCZĘ I KIWI

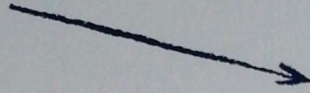


WYCIŚNIJ



PÓŁ CYTRYNY I 1 POMARAŃCZĘ

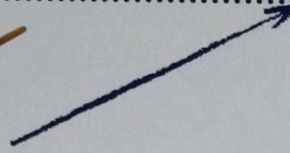




WYCIŚNIĘTY SOK WLEJ



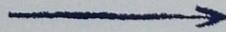
DO MISKI



ŁYŻKĘ MIODU DODAJ

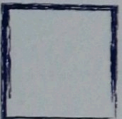


WYMIESZAJ SKŁADNIKI

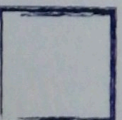


POKROJONE OWOCE

WRZUĆ DO MISKI



WYMIESZAJ SKŁADNIKI



GOTOWE



SMACZNEGO



POSPRZĄTAJ