

**TAN
PREPARASYON:**
5 minit

**TAN POU'L
KWIT:**
10 minit

FÈ:
6 pòsyon
(4 tchips pou chak pòsyon)



ENGREDYAN:

Espre pou kizin ki anpeche manje
kole nan chodyè

3 mayi (10 pouz), tòtiya farin
konplè oswa farin blan

Sèl

EKSPLIKASYON:

- Chofe fou a davans sou 400°F.
- Rasanble tout engredyan yo anvan w kòmanse prepare resèt la.
- Espre yon plato patisri pou piti avèk espre pou kizin nan.
- Koupe tòtiya yo pou fè 8 seksyon chak (kòm si ou t ap koupe yon pitza) epi mete yo nan yon sèl kouch nan plato patisri a.
- Espre tòtiya yo sou anlè avèk espre pou kizin nan epi simen yon ti kantite sèl sou yo tou piti.
- Kwit yo nan fou pandan 8 jiska 10 minit oswa jiskaske yo kwoustian epi mawon pal. Veye yo anpil pou tchips yo pa boule.
- Kite yo refwadi pandan kèk minit apre ou fin retire yo nan fou a anvan ou sèvi yo.
- Konsève l nan yon kontenan ki pa kite lè antre sou kontwa a pandan jiska 5 jou.
- Rechofe nan fou a.

Nutrition Facts

Amount Per Serving	Calories	70
Total Fat 2g	% Daily Value*	3%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 180mg		8%
Total Carbohydrate 12g		4%
Dietary Fiber 1g		4%
Total Sugars 1g		0%
Includes 0g Added Sugars		0%
Protein 2g		4%
Vitamin D 0mcg		0%
Calcium 40mg		4%
Iron 1mg		6%
Potassium 33mg		0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tòtiya Farin Blan

Nutrition Facts

Amount Per Serving	Calories	35
Total Fat 0g	% Daily Value*	0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 7g		3%
Dietary Fiber 1g		4%
Total Sugars 0g		0%
Includes 0g Added Sugars		0%
Protein 1g		2%
Vitamin D 0mcg		0%
Calcium 10mg		0%
Iron 0mg		0%
Potassium 0mg		0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tòtiya Mayi

Sèvi ak kreativite w! Sèvi yo avèk Salsa Mango oswa Sòs Pwa Pike ki nan liv kizin *Eating Smart • Being Active Let's Cook! (Manje ak Entelijans • Rete Aktif Ann Fè Manje!)* la oswa lòt salsa, sòs, soups oswa salad.

Pou plis ebfòmasyon sou EFNEP, vizite:

<https://efnep.ifas.ufl.edu>

Matyèl sa a baze sou travay ke Enstiti Nasyonal Manje ak Agrikilti (National Institute of Food and Agriculture), Depatman Agrikilti Ameriken (U.S. Department of Agriculture), EFNEP sipòte. USDA ak Ekstansyon IFAS Inivèsité Florida a se founisè ak anplwayè ki garanti egalite chans.