

TAN  
**PREPARASYON:**  
10 minit

TAN POU'L  
**KWIT**  
Soti 15 rive 20 minit

FÈ:  
10-12 mòfin



## ENGREDYAN:

¾ tas farin ki ka fè tout bagay  
½ tas farin konplè  
¼ kiyè a kafe sèl  
½ kiyè a kafe bikabonat  
½ tas sik  
1 ¾ tas sereal pay sondeble avèk rezen  
1 ze  
1 tas babè (buttermilk) (ranplase babè a:  
ajoute 1 kiyè a soup  
vinèg oswa ji sitwon nan 1 tas lèt)  
2 kiyè a soup lwl vejetal

## Nutrition Facts

12 servings per container
Serving size 1 Muffin (54g)
Amount per serving
<b>Calories</b> 120
% Daily Value*
Total Fat 3g 4%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 170mg 7%
Total Carbohydrate 23g 8%
Dietary Fiber 2g 7%
Total Sugars 10g
Includes 6g Added Sugars 12%
Protein 3g
Vitamin D 0mcg 0%
Calcium 27mg 2%
Iron 2mg 10%
Potassium 103mg 2%

\*The % Daily Value 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.

## POU KWIT NAN FOU:

1. Chofe fou a davans sou 425 degré F. Espre oswa grese fon yon moul pou mòfin.
2. Mete farin nan nan yon gwo bòl. Ajoute sèl la, bikabonat la ak sik la. Byen melanje yo.
3. Mete sereal pay sondeble a ladan l. Byen melanje yo.
4. Fè yon twou nan mitan melanj la epi mete l soukote.
5. Nan yon lòt bòl, bat ze a, babè a ak lwl la.
6. Vide melanj ze a nan twou melanj sereal la epi brase l jiskaske tout engredyan yo imid. Pa melanje l twòp.
7. Plen moul yo jiska ⅔.
8. Kwit yo nan fou pandan 15-20 minit oswa jiskaske yo mawon dore.
9. Si w pa manje yo touswit, vlope mòfin ki kwit nan fou yo nan papye aliminyòm oswa nan yon sache plastik epi konsève yo nan frizè. Dekonje pandan 15 segonn nan fou ak mikwo-ond la oswa pandan nwit la nan frijidè a.

Pou plis ebfòmasyon sou EFNEP, vizite:

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

Materyèl 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.