

TAN  
**PREPARASYON:**  
10 minit

FÈ:  
8 pòsyon  
(2 bouche pou chak pòsyon)



## ENGREDYAN:

½ tas manba ki tankou krèm  
½ tas siwo myèl  
2 tas poud lèt enstantane ki san grès  
1 tas avwàn rapid (san savè)  
½ tas sereal diri kwoustiyan

## Nutrition Facts

8 servings per container	
Serving size 2 Energy Bites (78g)	
Amount Per Serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 200mg	9%
Total Carbohydrate 48g	17%
Dietary Fiber 3g	11%
Total Sugars 29g	
Includes 16g Added Sugars	32%
Protein 12g	24%
Vitamin D 1mcg	4%
Calcium 226mg	15%
Iron 2mg	10%
Potassium 445mg	10%

\*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.

## EKSPLIKASYON:

1. Rasanble epi mezire tout engredyan yo anvan w kòmanse prepare resèt la.
2. Melanje tout engredyan yo nan yon bòl mwayen. Brase engredyan yo avèk yon kiyè jiskaske yo melanje.
3. Avèk men w pwòp, fè melanj la pran fòm 16 boul ki gen yon dyamèt anviwon 1".
4. Konsève nan tanperati nòmal nan yon bòl ak kouvèti ki fèmen. Manje l nan 3 jiska 5 jou.

**Sèvi ak kreativite w!** Ajoute ½ kiyè a kafe kanèl moulen ak/oswa ½ kiyè a kafe esans vaniy nan etap #2 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 Inivèsite Florida a se founisè ak anplwayè ki garanti egalite chans.