



VOORBEREIDING
PL?

BEREIDING
?

MOEILIJKEID
JHPDNNHOL

PORTIES
SRUWLHV

BUDGET

INGREDIËNTEN

UBSUS

. JDWHU
JPHON
JEORHP

E

JRORHWHERWHUDKW
SOVHVUDRPLVHWWH?
JPHON
HLHUH?
JLWWDVJLVW
JEORHPSOVHVUDRPWH
EHVWVH?
JPHONSRRGHU
WOHVV

VMMJOH

JEUVENHU
HOJHPDOHNDEHO
WOVSHODDVNUVGHVISPNSL?
VSLRSLRWLRHO
JRORHWHERWHUDKWH?
LWVNMHVJHVHGH?

MBVVS

JEDVWHUGVENHU
JRORHWHERWHUDKW
SOVHVUDRPLVHWWH?
JURRPNDV
WOWVJOLMNDLOOHHVUDV
RSWLRRHO
JPHON
WOHUVJHSHUVWLVURHVS
RSWLRRHO
ORHPRPWHEHVWVH?

NUTRITIONELE WAARDEN
PER 1 STUK



Energiewaarde	1523 kJ / 364 kcal
Eiwit	4,7 g
Koolhydraat	48,6 g
Vetgehalt	18,1 g

BEREIDING

WDUWHU

1 DGD
GDDDGDE

HH

HHHRHPAAR
SRPHHHVARRRHDDAPHHHAP
VHH
RRRHPRRRHARRHHHH
PRVAVHREIDVVAHHHHDHVA
REHVRHDPDRRHHPHHPVRHDA
RPHHHRHARRPAAHARRRHDPHDDV
REHHAHVRRPAPHHHRRP
RHVVHHPHHA

RRDHEsHRRAPHHHAP

VHGRHARRPAAHARRRAPHHRR
HAAHHPHH

D

RRHVAHPHHHAPDDEVHCHHA
SRDHRHHEsHRRADRHA
VHGRHARRPAAHARRHVAHDD
SAPAA

2R

HHHHRRHRHPHHPVRHVRHDPDR
HRRRRRHHRHARRHAPV
PHRHPARRRRPHDAHDAHVAH
PHARRHAPDRHARRHRA
HRHVDDARRVA

