

14X 7oz

3

Caution: Do not microwave. Do not boil. Adult supervision is required.

Attention : Ne mettez pas la poquette au micro-ondes ni dans l'eau bouillante. Gardez le capuchon hors de l'eau. Gardez la poquette au frais.

Do not boil and keep cap afloat. Thaw in warm water. Keep cap afloat.

PRETZER SAFE

PVC FREE

300g

500g

1000g

1500g

2000g

2500g

3000g

3500g

4000g

4500g

5000g

5500g

6000g

6500g

7000g

7500g

8000g

8500g

9000g

9500g

10000g

10500g

11000g

11500g

12000g

12500g

13000g

13500g

14000g

14500g

15000g

15500g

16000g

16500g

17000g

17500g

18000g

18500g

19000g

19500g

20000g

20500g

21000g

21500g

22000g

22500g

23000g

23500g

24000g

24500g

25000g

25500g

26000g

26500g

27000g

27500g

28000g

28500g

29000g

29500g

30000g

30500g

31000g

31500g

32000g

32500g

33000g

33500g

34000g

34500g

35000g

35500g

36000g

36500g

37000g

37500g

38000g

38500g

39000g

39500g

40000g

40500g

41000g

41500g

42000g

42500g

43000g

43500g

44000g

44500g

45000g

45500g

46000g

46500g

47000g

47500g

48000g

48500g

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49500g

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52500g

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71000g

71500g

72000g

72500g

73000g

73500g

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74500g

75000g

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76500g

77000g

77500g

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78500g

79000g

79500g

80000g

80500g

81000g

81500g

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82500g

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83500g

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84500g

85000g

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86000g

86500g

87000g

87500g

88000g

88500g

89000g

89500g

90000g

90500g

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91500g

92000g

92500g

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93500g

94000g

94500g

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95500g

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96500g

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97500g

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103500g

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106500g

107000g

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108000g

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152500g

153000g

153500g

154000g

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155500g

156000g

156500g

157000g

157500g

158000g

158500g

159000g

159500g

160000g

160500g

161000g

161500g

162000g

162500g

163000g

163500g

164000g

164500g

165000g

165500g

166000g

166500g

167000g

167500g

168000g

168500g

169000g

169500g

170000g

170500g

171000g

171500g

172000g

172500g

173000g

173500g

174000g

- 1 cup peas
- 1 head of broccoli
- 1 small zucchini
- 1 cup of spinach
- 1 apple
- 1/8 cup lemon juice

1. Peel apple, and finely chop apple, zucchini, and broccoli.
2. Steam apple, zucchini, and broccoli until soft.
3. Put all in a bowl and blend until smooth.

Revision #2

Created 14 December 2024 22:04:25 by Anna Pardee

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