

**Siv Sijhawm Ntev Li Cas Los Npaj:** 5 feeb  
**Yuav Ntev Li Cas Thiaj Siav:** 20 feeb

### Tej uas nyob hauv lub Thawv:

- 1 c. kas poom noob taum dub uas tsis rau ntsev, muab si kua thiab yaug
- ¼ c. kas poom txiv lws suav tsis tshua qab ntsev uas txhoov me me

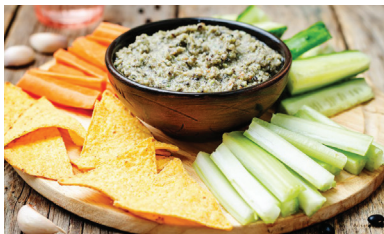
### Lwm Yam Uas Yuav Tsum Muaj:

- 1 lub dos me (-½ cup), muab txhoov mos mos
- 1 tsp hmoov qhiav
- 1 tsp hmoov qej
- ½ tsp hmoov cumin

### Yuav Ua Li Cas:

1. Muab ¼ c. dej thiab cov dos txhoov tso rau hauv ib lub yias thiab nta taws kom kub tsim tsawv; ua kom siav vog (3-4 feeb).
2. Muab cov txiv lws suav txhoov, qhiav, qej thiab hmoov cumin tso rau hauv lub yias; kib li 1 feeb.
3. Muab cov noob taum dub thiab ¼ c. dej ntxiv rau. Muab hau khwb thiab muab hluav taws tso kom yau; hau li 10 feeb ntxiv.
4. Muab tshem ntawm qhov cub. Siv lub blender los zom kom mos mos, lossis muab tso rau hauv ib lub tais tob thiab muab rab diav rawg nias kom mos mos ces muab do kom sib yaws.

**Tswvyim Ntxiv:** Noj nrog tej zaub nyoos xws li tej tug carrot lossis celery kom thiaj noj tsau lossis noj ntxuag lwm yam.



### Muaj Dabtsi Nyob Rau Hauv\*

**Txaus Noj Tsawg Zaus:** 16

**Ib Zaug Noj Npaum Cas:** 2 T

**Cov Calorie:** 20

**Roj:** 0 g

**Ntsev:** 24 mg

**Cov Carbohydrate:** 4 g

**Fiber:** 1.5 g

**Protein:** 1 g

**Muaj Carbohydrate Npaum Cas**

**Rau Ib Zaug:** 0

*\*Tej uas qhia tias muaj dabtsi nyob rau hauv yog hais txog kas poom noob taum dub muaj 50% ntsev, txiv lws suav tsis qab ntsev uas txhoov me me, 1 lub dos dawb me, thiab hmoov txuj lom.*