

NOOB TAUM KIDNEY NTXUAG

Siv Sijhawm Ntev Li Cas Los Npaj: 3 feeb

Yuav Ntev Li Cas Thiaj Siav: 20 feeb

Tej uas nyob hauv lub Thawv:

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

Lwm Yam Uas Yuav Tsum Muaj:

- 1 lub dos me ($-\frac{1}{2}$ c.), muab txhoov mos mos
- 1 tsp hmoov qhiav
- 1 tsp hmoov qej
- $\frac{1}{2}$ tsp hmoov cumin

Yuav Ua Li Cas:

1. Muab dos tso rau hauv ib lub yias thiab nta taws kom kub tsim tsawv ces ua kom siav vog (3-4 feeb).
2. Muab cov txiv lws suav txhoov me me thiab cov hmoov txuj lom ntxiv rau; do thiab kib li 1 feeb.
3. Muab cov noob taum kidney ntxiv rau; khwb thiab muab hluav taws tso kom yau thiab kib li 10 feeb ntxiv.
4. Muab tshem ntawm qhov cub. Sib 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.

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: 8
Ib Zaug Noj Npaum Cas: $\frac{1}{4}$ c.
Cov Calorie: 41 kcal
Roj: 0 g
Ntsev: 50 mg
Cov Carbohydrate: 8 g
Fiber: 3 g
Protein: 2 g
Muaj Carbohydrate Npaum
Cas Rau Ib Zaug: $\frac{1}{2}$

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