Cereal Kub tov Txiv Ntoo
(txaus 1 leeg)

1 khob mis nyuj laus muaj roj qis lossis tsis muaj roj 1%
½ khob txiv oats kauv (lossis lwm yam cereal tseem nplej, kub)
½ khob txiv (xws li txiv berries lossis txiv tsawb chais tej daim)
2 diav noob txiv ntoo (almonds) ua tej nplai lossis lwm cov txiv ntoo (tsis siv los tau)

1. Muab txiv ntoo (oats) thiab mis nyuj laus tso rau ib lub tais uas cia tau rau hauv microwave.
2. Muab tso rau hauv microwave li ntawm 1-2 feeb thiab tso hluav taws siab.
3. Muab cov txiv tso saum cov qhob noom ntsemis (cereal). Ntxiv cov txiv ntoo yog koj nyiam.
4. Noj lawm xwb.

** Lub tswv yim ua noj no yog muab los ntawm lub Diary Council hauv California*

Translated by TranslateXpress, Inc. from the California WIC Program's "Hot Cereal with Fruit Recipe." If you have questions about this translation please contact the Public Health Foundation Enterprises (PHFE) WIC Program at 1-888-942-2229.

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