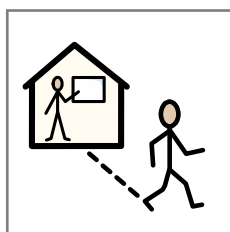
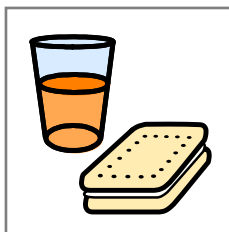
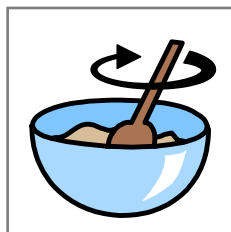
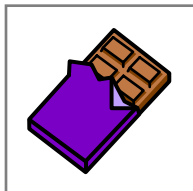


Primo giorno di scuola

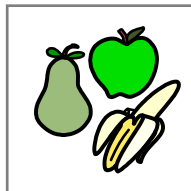
Prepara la merenda
PER QUANDO TORNERAI A CASA



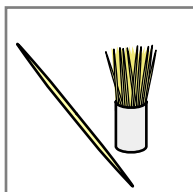
SPIEDINI DI FRUTTA AL CIOCCOLATO



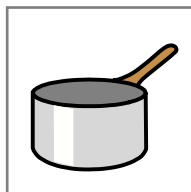
50 grammi di
cioccolato
fondente



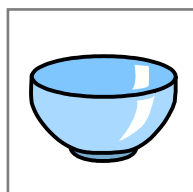
Frutta preferita



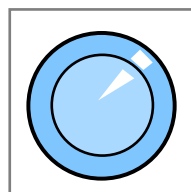
Bastoncini da
spiedini



Pentolino

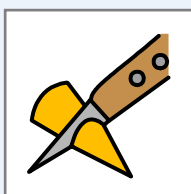
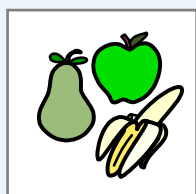


Ciotola di
ceramica



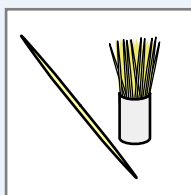
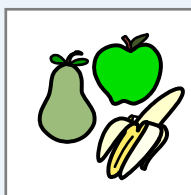
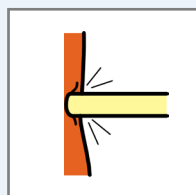
Piatto

1



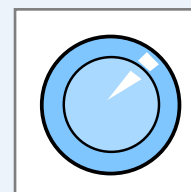
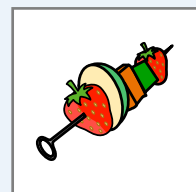
Prendi la frutta e tagliala a pezzi

2



Infila la frutta nei
bastoncini

3

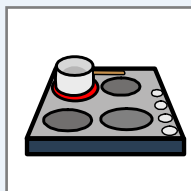
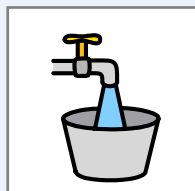


Appoggia gli
spiedini su un
piatto

SPIEDINI DI FRUTTA AL CIOCCOLATO

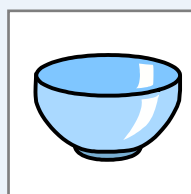
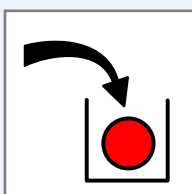


4



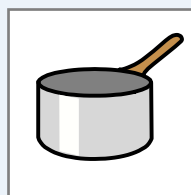
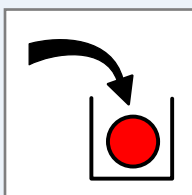
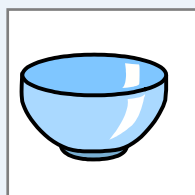
Riempi un pentolino con due dita d'acqua e mettilo sul fornello

5



Rompi il cioccolato e mettilo in una ciotola

6



Metti la ciotola nel pentolino

7



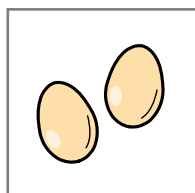
Mescola il cioccolato finchè sarà sciolto e toglì dal fuoco

8

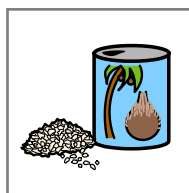


Versa il cioccolato sugli spiedini

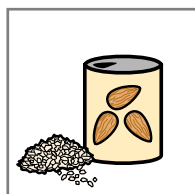
Puoi conservare gli spiedini in frigorifero per domani



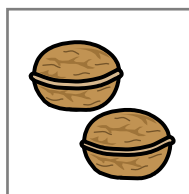
2 uova



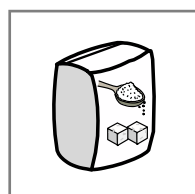
50 grammi di farina di cocco + 30 grammi per decorare



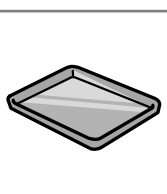
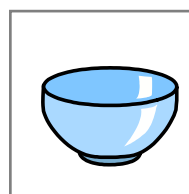
50 grammi di farina di mandorle



100 grammi di noci

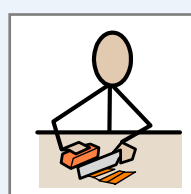
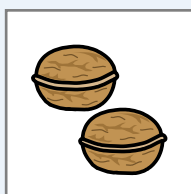
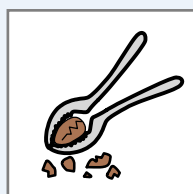


50 grammi di zucchero



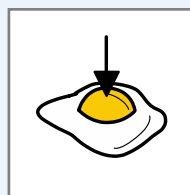
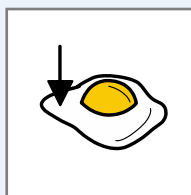
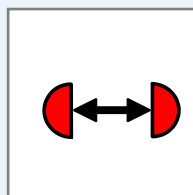
Ciotola e teglia da forno

1



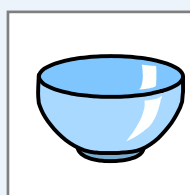
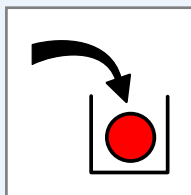
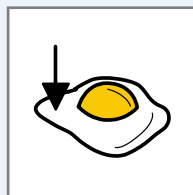
Rompi le noci e taglia i gherigli a pezzetti

2



Separa tuorli e albumi

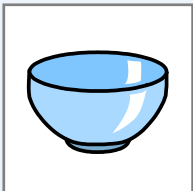
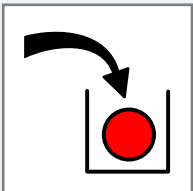
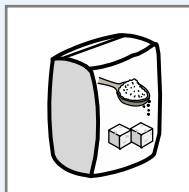
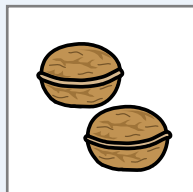
3



Metti gli albumi in una ciotola (userai i tuorli per altro)

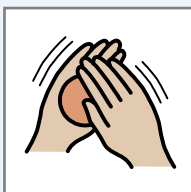


4



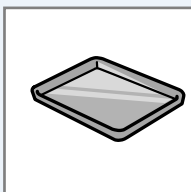
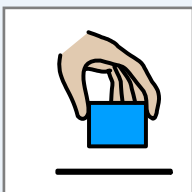
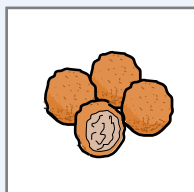
Aggiungi la farina di cocco, di mandorle, le noci tritate e lo zucchero nella ciotola e mescola.

5



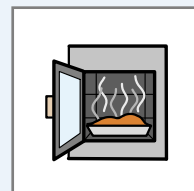
Mescola, bagna le mani e forma delle palline

6



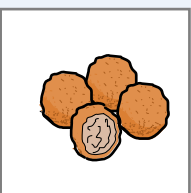
Metti le palline in una teglia

7



Cuoci a 180° per 15 minuti

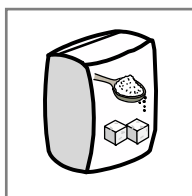
8



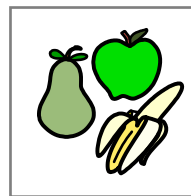
Cospargi le palline con la nocce di cocco



Latte



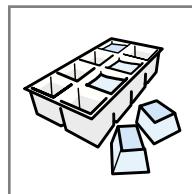
Zucchero



Frutta preferita

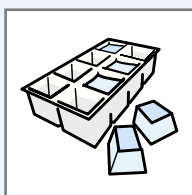
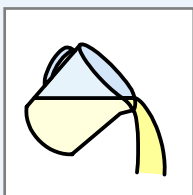


Frullatore



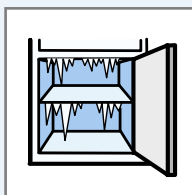
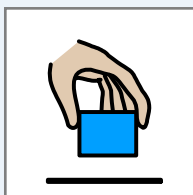
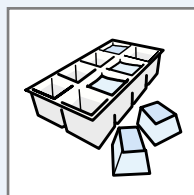
Stampo da ghiaccio

1



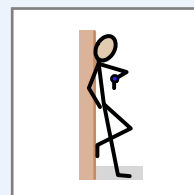
Versa il latte nello stampo da ghiaccio

2

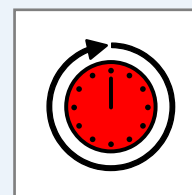


Metti lo stampo col latte nel congelatore

3

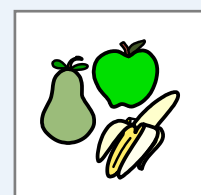
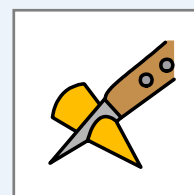


3



Aspetta 3 ore

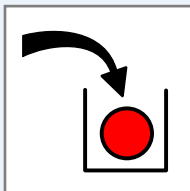
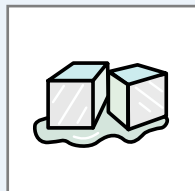
4



Taglia la frutta a pezzi

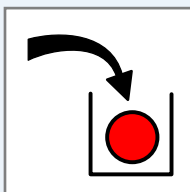
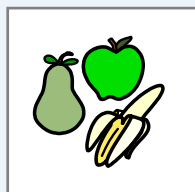


5



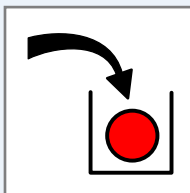
Metti i cubetti di latte congelato nel frullatore

6



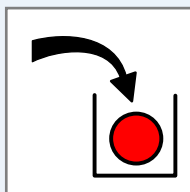
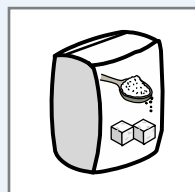
Aggiungi la frutta tagliata

7



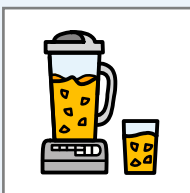
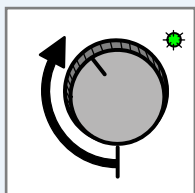
Aggiungi un po' di latte freddo

8



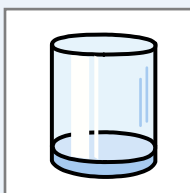
Aggiungi un po' di zucchero

9



Aziona il frullatore e lascialo girare finchè il composto sarà omogeneo

10



Versa nel bicchiere e bevi