

Phepo e nepahetseng bakeng sa bophelo bo botle ba pelo



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(Sesotho)

Ja hantle nakong ena ea selemo



Selemo ke nako ea ho thunya, kholo e ncha le qaleho e ncha le nako e nepahetseng ea ho nahanisisa ka litloaelo tsa khale le ho amohela mekhoha e mecha ea ho hlasimolla lipelo.

Ha e qala ho futhumala, o nahana ka boima bo eketsehileng boo o ka beng o bile le bona nakong ea mariha, o sa je hantle o phetse hantle 'me o sa tsamaee ka ho lekana.

Khabareng o qala ho bona makhasi a matala le a matala a u potileng, sehlahisoa se secha sa litholoana le meroho se qala ho hlaha 'marakeng oa lihoai le korosari e tala, se o susumelletsa ho khutlela ho bao ba phetseng hantle-Ho ja lijo tseo u ka beng u li entse mathoasong a selemo (mme e kanna eaba u se u li lahlile ha joale)Ho u thusa ho ntlafatsa lijo tseo u li jang ka tsela e sa hlokeneng botsitso, khatiso ena e arolelane malebela a bonolo a ho ja hamolemo hona joale.



Hlahisa mekhoha e metle ea ho ja ka litholoana le meroho ea selemo.

Lumella lijo tsa mariha tse futhumatsang mariha, joalo ka sopho le sechu 'me u lumelise lijo tse hlabosang, tse pholileng, tse mebala, joalo ka lisalate le mabone, meroho -centric lijo. Ha ho na nako e ntle ea selemo ea ho khatholla mekhoha ea ho ja, le ho ikutloa re phetse hantle 'me re thabile sehle se secha!

Malebela a mahlano a selemo a hloekise mekhoha ea hau ea ho ja





Hlophisa kichine ea hau

Etsa tikoloho e jeoang hantle-hlakola lijo tse se nang phepo le lijo tse bobebe (e tsoekere, tsoekere e phahameng, letsoai le phahameng, mafura a mangata) etsa sebaka se setle sa ho lula fatše le ho ja, ho beha sekotlolo sa litholoana tse ncha tafoleng.

Eba leano la ts'ebeliso ea metsoako-beha lihlahisoa tse ncha kapele-hlophisa sebaka sa bohlokoa ka kichineng ea hau joalo ka sehatsetsi le ntlo ea hau ho boloka lijo tse matlafatsang, haholo litholoana, meroho le ho fokotsa-Lihlahisoa tsa lebesa tse mafura ho feta tse sa senyeheng kapa lihlahisoa tse sebelisitsoeng tsa lijo Ho qoba litšila tsa lijo, o ka nahana ho hatsetsa masalla a lijo tse ling.

Boloka lijo tse phetseng hantle joalo ka meroho e sehiloeng, litholoana tse sa tsoa khuoa, chisi e se nang mafura a mangata, mahe a phehiloeng ka thata, letsoele la khoho le halikiloeng le sitsoeng, chickpea e hasane, beetroot ECT.Lijaneng tse hlakileng tsa khalase bakeng sa khopotso e bonolo bakeng sa lijo tsa ho ja le ho ja seneke se phetseng hantle!



Ja lijo tse ling kaofela



Lijo-thollo li entsoe ka likarolo tse tharo; boko (lera le ka ntle le nang le phepo), kokoana-hloko (lesea le sa tsoa emoloa le nang le limatlafatsi) le endosperm (phepelo ea kokoana-hloko, e nang le li-carbs tse ngata tse nang le starchy). Ijo-thollo kaofela li na le likarolo tse tharo tse tiileng 'me hangata li phahame ka magnesium, tšepe, phosphorus, manganese, selenium, B-vitamin le fiber.

E 'ngoe ea litsela tse bonolo ka ho fetisisa le tse ntle ka ho fetisisa tsa ho hloekisa lijo tsa hau ke ho ja lijo tse felletseng, tse sa sebetsoang le tse sa sebetsoang haholo. Tsena li kenyelletsa litholoana le meroho e sa tsoa khuoa ea selemo, liprotheine tse omeletseng le lithollo tse felletseng, tse laetsoeng ka limatlafatsi le tse nang le tsoekere e nyane, letsoai le mafura ho feta lijo tse sebelisitsoeng.



Hobaneng u sa leke li-**whole grains** tse fapaneng selemong sena - Natefeloa ke lijo tsa hoseng tse kenyelletsang lijo-thollo tsa lijo-thollo, tse kang koro e felletseng, koro e halikiloeng kapa oatmeal, Tlosa raese e tšoeu ka quinoa, raese e sootho, ric e hlaha kapa bulgur.



Ha ho tlhoa meroho, o ja haholo ho feta ba bonnete ba hore o ja meroho e fapaneng, hobane mefuta e fapaneng le mebala e fapaneng li fana ka limatlafatsi tse fapaneng. Ke meroho e mecha, e mebala-bala ea linako tse ling- leka tse ling tse ka 'nang tsa se ke tsa fetoha ka mokhoa o tloaelehileng,' me u tlatse poleiti ea hau ka li-veggies tse khanyang, tse nang le tatso!

Nete e monate

Lentsoe zucchini le tsoa ho zucchini ea Mataliana, e bolelang squash e nyane kapa moko o sa butsoang. Courgette, ka lehlakoreng le leng, ke polelo ea Sefora bakeng sa zucchini. Zucchini ke litholoana tsa semela se le seng kotuloa ha li le bolelele ba lisenthimithara tse 15 ho isa ho tse 20. Marrows ke litholoana tse holileng tsebong tse fihletseng boholo bo felletseng.



- Li-artichoke lia tlala hobane u li ja butle, e leng se u thusang hore u ele hloko haholoanyane seo u se jang, u natefelo ke boiphihlelo, 'me ba ruile fiber e satiating (7grams), le li-kilojoule tse (240kj/artichoke e mahareng). Kenya sebaka saese e kenang hamonate ka e entsoeng ka sefofane yogurt e se nang mafura a mangata le konofolo kapa koena le chives kapa vinaigrette e entsoeng ka oli ea mohloaare.
- Asparagus e na le limatlafatsi tse ngata, haholo folate, le vithamine E ea antioxidant, lutein agus e na le limatlafatsi tse ngata, haholo folate, le vithamine E ea antioxidant, lutein, carotene le fiber.
- Beetroot e tletse tatso, monko le limatlafatsi, e nang le 'mala o khahlehang o kang lehlakoe o eketsang sejo se seng le se seng, mme e ka ba kep ka sehatsetsing nako e ka etsang likhoeli tse tharo mme ea bolokoa ka mekhoha e mengata ho thabela hamorao.
- Fresh peas li monate, li nonne ebile li na le tatso ea selemo, 'me li ruile ka tšepe le antioxidant beta carotene le lutein.
- Radishes ke setho sa lelapa la cruciferous la meroho (broccoli, kale ECT) le ruileng ka li-glucosinolates, metsoako e ka thusang ho itšireletsa khahlanong le mofetše o itseng. Hammoho le nna liminerale tse netefalitsoeng ka calcium le potasiamo, tse ka thusang ho theola khatello e phahameng ea mali le ho fokotsa likotsi tsa mafu a pelo.

Keletso

Lijo tsa hoseng tse hlabosang li u fa monyetla oa ho kenyelletsa meroho, e u thusang ho fihlela tataiso ea lijo tsa Afrika Boroa tse fanoang ke SAFBDG ka likarolo tse 2-3 ka letsatsi. leka lintlha tse bonolo, tse phetseng hantle le tse monate,

- Toast e nang le koro e felletseng e nang le tamati le likomkomere e tšolotsoeng avocado e tšetsoeng oli ea mohloaare.
- Omelette ea veggie.
- Kenya sipinake kapa pelepele ho chisi ea hao ea lehe kapa ea lehe.
- Eketsa beetroot kapa meroho e lefifi e makhasi ho smoothie
- Quinoa e nang le squash ea butternut e halikiloeng.

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Etsa phetoho e le 'ngoe e phetseng hantle ka letsatsi

Le phetoho e nyane ea letsatsi le letsatsi e ka ntlafatsa bophelo ba hau haholo,

- ✓ E-ba le litholoana kapa meroho e eketsehileng, boloka sekotlolo sa litholoana khaontareng kapa tafoleng ea hau e le hore e be ntho ea pele eo u e fihlelang ha o batla seneke.
- ✓ khetha linatse bakeng sa seneke kapa u etse li-chips tsa meroho tse besitsoeng ka ontong (bona tse ling karolong ea risepe).
- ✓ chenchisa soda bakeng sa metsi kapa metsi a phatsimang.
- ✓ fapanya raese e tsoeu kapa pasta bakeng sa lijo-thollo tse felletseng, joalo ka raese e sootho kapa e hlaha, bulgar kapa buckwheat
- ✓ sebelisa oli ea mohloaare ho fapana le botoro.
- ✓ ho fokotsa tsoekere e ekelitsoeng lijong tse kang lipesteri le lino tse tsoekere ho ka u fa matla a eketsehileng motšehare.
- ✓ haeba u le metsotso e 5, iketsetse setereke ka ho etsa ho hong. hangata takatso e tla fela ka boeona.

Natefelo ke litholoana tse fapaneng tsa selemo le selemo (bonyane litholoana tse mahareng tse 2-3 / 1 / 2 cups).

Litholoana tsa seasonal (Loetse, Mphalane, Pulungoana): avocado, apricot, guava, kiwi, lemons, limes, mahapu, liperekisi, nectarine, plums, spanpek, fragole, tamati, lehapu la metsi.



Khotsofatsa takatso ea hau ea ntho e monate ka apole e monate, e tsoekere, e nang le lero kapa fragole e butsoitseng ka ho phethahetseng kapa mahapu.



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Itloaetse ho ja ka kelello

Tloho tafoleng u e-na le takatso ea lijo- empa ha u tloko ke tlala e tlotlang natefelo ke lijo tsa hau.

Qala ka karolo e itseng tse nyenyane .it ka ba molemo ho fokotsa bohoto ba poleiti hao ho cm, 23 kapa ka tlaase ho. Ananela lijo tsa hau. Emisa motsotso kapa e 'meli pele u ja ho nahanisisa ka ntho e ngoe le e ngoe le motho e mong le e mong ea e nkileng ho tliša lijo tafoleng ea hau. Bua ka khutso teboho ea hau bakeng sa monyetla ona ho thabela lijo tse hlabosang le metsoalle eo u natefeloang ke eona.

Tliša kutlo ea hau lijong ha u ntse u pheha, o ja, o ja lijo tsa hau, o khahleha ka 'mala,' mala, monko o monate, esita le melumo ea lijo tse fapaneng tseo o li etsang ha o ntse o li pheha. ha u ntse u hlafuna lijo tsa hau, leka ho khetholla metsoako eohle, haholo-holo linoko.

Nka ho longoa hanyane. ho bonolo ho latsoa lijo ka botlalo ha molomo o sa tlala. beha sejana sa hau lipakeng. Hlafuna hantle ho fihlela o ka latsoa moko oa lijo. (O kanna oa tlameha ho hlafuna molomo o mong le o mong makhetlo a 20/40, ho latela lijo). o ka makatsoa ke litatso tsohle tse lokollotsoeng.

Ja butle. haeba u latela likeletso tse kaholimo, u ke ke ua koala lijo tsa hau. Qeta bonyane metsotso e mehlano ho ja u hopotse pele u qoqa le bao u jang le bona tafoleng.



Li-Recipes tsa pelo tse phetseng hantle



Li-diresepe tse bonolo, tse phetseng hantle le tse khathollang tsa selemo ho amohela maemo a leholimo a futhumetseng ka litatso tse khanyang le metsoako ea linako tsa selemo.

(Sesotho)



Artichoke e halikiloeng

Ho bonolo ho e etsa le ho phatloha ka lemone, litlama, litatso tsa garlicky.

(E sebeletsa 6)

Litaelo:

1. Ovine ea mocheso ho 200°C
2. Sebelisa thipa ho arola botlaaseng ba 1 1 / 2cm (kapa ho feta haeba u ka rata) ea stichh stems, le top 2 cm ea artichoke globe (makhasi a kaholimo).Tlosa le ho lahla phomolo e nyane ho ea tlase ho stems, 'me u hlatsoe artichoke ka metsi.
3. Hlakola artichoke ka halofo ho ea holimo, sebelisa khaba ka ntle ho bipetsana bohareng ba artichoke. Ebe u sebelisa likere tsa kichineng ho kuta 1 / 2cm ea malebela a hlakileng a le leng le le leng la makhasi a artichoke (e le hore ba se ke ba u phunya ha u li ja) Itlotsa lekhapetla la lemone hohle holim'a karolo e 'ngoe le e' ngoe ea artichoke, ho thibela ho sootho.
4. Beha halves ea artichoke ka sejana sa ho baka kapa holim'a pampiri ea ho baka, khaola ka lehlakoreng le leng.Hlatsoa lehlakoreng la artichoke ka mokhoa o ts'olanang le oli ea mohloaare, 'me u tlatse likoti ka ho lekana ka konofolo, u lateloe ke seliba se senyenyane sa litlama tse ncha.Sebaka ka letsoai le pepere.
5. Flip artichokes holimo, u sebelisa litlama ho thusa ho tšoara konofolo, e le hore li khaoloe-li fokotsehe. Hlatsoa karolo e kaholimo ea artichoke ka oli le nako ka letsoai le pepere.
6. Bake o senotsoe bakeng sa 15min, ebe o tlosa le ho koahela pane ka aluminium foil, ebe o chesa bakeng sa 25-35min e eketsehileng, kapa ho fihlela artichoke e le bonolo mme makhasi a tloha habonolo.
7. Beha terene mohahong o pholileng tlosa ka hloko, lahla litlama (kapa u li hlohlelletse ka har'a sopho ea hau bakeng sa tatso e eketsehileng),'me u tsele artichoke ka lero la lemone.
8. Sebeletsa artichoke e halikiloeng ka oli ea mohloaare le asene ea balsame kapa mayonnaise ea mafura kapa pesto.

Lisebelisoa:

- 3 artichokes tse ncha
- 2 lemon e ncha e ncha, lero.
- 2 tablespoons oli ea mohloaare
- 6 clove konofolo, Eboloa 'me e batla e khaotsoe.
- rosemary e ncha (hammoho le thyme e ncha, oregano, kapa sage haeba u ka rata).
- letsoai le leholo la leoatle le pepere e ncha e sa tsoa khuoa.



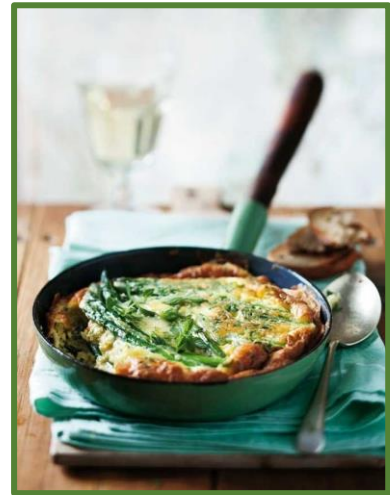
Tlhahisoleseling ea phepo e nepahetseng (ka ho sebeletsa):

Matla480 kJ, Liprotheine:1g, Kakaretso ea mafura:7g, LiCarbs: 4g, Moferefere: 2g, Sodium: 648 mg

Asparagus le chives frittata

Frittata ena e monate e loketse lijo tsa mots'eare tse bobebe tsa selemo, tse nang le sala e ncha e tala e tala. Haeba u sa rate asparagus u ka nka sebaka sa zucchini kapa broccoli.

E sebeletsa 6



Lisebelisoa:

- 150 gasparagase ea lesea
- 1 tablespoon oli ea limela
- 4 mahe
- 4 Bosweu ba lehe
- 15 g fresh garlic chives, khabeloa khabeloa
- ½ Kofi e nang le mafura a mafura, grated
- Litlama tse ncha bakeng sa ho khabisa joalo ka li-cilantro tse khethiloeng.
- Letsoai le pepere ho latsoa

Tlhalisoleseling ea phepo e nepahetseng:

(ka ho sebeletsa)

Matla: 420 kJ

Protheine: 9 g

Mafura a mangata 1 g

Li carbs: 3 g

Faeba : 1 g

Sodium: 119mg

Potasiamo: 226mg

Litaelo:

1. Preheat ontong ho 200°C.
2. Ka holim'a setofo, futhumatsa oli ka pane e sa sebeliseng lithupa, eketsa asparagase 'me u phalle ho fihlela khauta.
3. Ka sekotlolo, hlakola mahe le 'mala o mosoeu hammoho, nako ea ho latsoa ka letsoai le pepere, Kenya konofolo khese ea motsoako le e hloekileng holim'a asparagase.
4. Fafatsa chisi e halikiloeng ka holimo le nako ka letsoai le pepere.
5. Beha pan ka mocheso o tlase 'me u lumelle ho pheha ho fihlela o se o batla.
6. Bake frittata bakeng sa 15min kapa ho fihlela setsi se behiloe.
7. Sela 'me u chese ka salate e tala.



Asparagus ke meroho e nang le phepo e ngata le mohloli o motle oa fiber, folate le livithamini A, C, E le K, hammoho le chromium. Hammoho le avocado, limela tsa khale le Brussels, asparagus e tletse li-antioxidants le diuretic e ntle, kaha e na le li-amino acid asparagine tse phahameng, tse li sebelisang e le tsa tlhaho.



Salate e monate ea beetroot e apereng yoghurt

Makhasi le metso o beet li tletse limatlafatsi le betalains, antioxidant e matla e fang beet 'mala oa bona o phatsimang mme e thusa ho itšireletsa khahlanong le mafu a pelo le mofetšee fumane botumo ho theosa le lilemo, haholo-holo e sebelisoa ka lisalate.

Lisebelisoa:

- 1 K'honkete e hlakileng ea mafura a mafura
- 2 teaspoon peo ea kumine, mobu o majabajaba
- 1 konofolo ea clove, e sithabetseng
- letsoai le pepere ho latsoa
- ½ cup asene ea 'mela
- 750 g beetroot e phehiloeng, e pholileng le e ebotsoeng.
- 250 g sepinichi sa lesea
- 1makhasi a mangata a koena a hloekileng, a arotsoe ka majoe.
- 1 lekhapetla le leholo la li-cilantro tse ncha le likutu, li arotsoe ka majoe, li arotsoe.

Tlhahisoleseling ea phepo e nepahetseng (ka ho sebeletsa):

Matla: 878 kJ, Protheine: 10 g
mafura kaofela: 2 g, Li carbs: 41 g

Mokhoa:

1. Etsa moaparo: ka sekotlolo se senyenyane, kopanya yoghurt, kumine le konofolo. Nako le letsoai le pepere ho latsoa. Refrigerating ho apara bakeng sa hora kapa ho feta.
2. Beha asene ka sekotlolo se mahareng. Khaola beetroot ka har'a li-wedges tse boholo bo lekaneng, o fetisetse li-wedges ka sekotlolo ka asene ha li ntse li khaola. Toss ebe o lula bakeng sa 10 Hlatsoa li-beet, u lahle asene.
3. Kopanya li-beetroot wedges, spinach le koena e ngata e halikiloeng, le coriander ka sekotlolo se seholo (boloka tse ling tsa litlama tse hahiloeng e le tse khabisang).
4. Pele o sebeletsa, o fafatsa moaparo ka holim'a salate, joale ha o se o loketse ho qeta qetellong ka ho fafatsa litlama tse setseng.



Sebeletsa u le mong ka bohobe bo sitsoeng kapa sejana se lehlakoreng le nama kapa tlhapi kapa karolo ea ho hasana ha lisalate tse ling.



Sipinake se halikiloeng se monate

E sebeletsa boholo ba 4 -serving: about 1
/ 2 cups

Phofo ea kheri e eketsa mofuthu le
botsoalle mofuteng ona o potlakileng
le o bonolo oa sepinatšhe se
khabisitsoeng. Yoghurt e fa sena
phetoho e phetseng hantle ka molomo
o monate le 'mele o mongata.



Lisebelisoa:

- 1 ½ tablespoons oli ea limela
- ¼ teaspoon ho hatsela
- 3 khaola likhahla tsa konofolo.
- ½ kopi eice eice
- ¾ teaspoon phofo ea khari
- 500 g spinach e ncha, e hlatsoitsoe ebile ea khabeloa
- ½ Mohope o hlakileng oa yoghurt kapa Maas
- ¼ teaspoon letsoai
- Pekpere ho latsoa

Tlhahisoleseling ea phepo e nepahetseng:

Matla: 450 kJ, Kakaretso ea
mafura: 7 g, Liprotheine: 6 g, Li-
carbs : 10 g, Moferefere 4 g,
Sodium: 221 mg

Mokhoa :

1. Pheha oli ea limela, ho hatsela, le konofolo ka pane e kholo ho feta seaplane - sesebelisoa se phahameng sa konofolo se qala ho phophola, metsotso e ka bang 2min.
2. Kenya sipinake e khethiloeng ka pane ka li-batches, e hlohlelletsa ho fihlela u eketsa.
3. Hlohlelletsa yoghurt kapa Maas le letsoai le pepere.



Maikutlo a bophelo bo botle ba ho ja lijo tsa lapeng le tsela e monate ea ho ja meroho e mengata!

Litlhapi tsa khale tsa crunchy

Li-chips tsena ho bonolo ho li etsa, li bobebe, li sosobane, li jeoa ka botsona, li tsela eiee ea tamati kapa sandwich e bulehileng, kapa tse ling tse monate haholo tse nang le popi ea pikoko ea nama.

Metsoako:

- khale
- Oli ea mohloaare, bakeng sa ho fafatsa
- Letsoai leoatleng

Tlhabisoleseling ea phepo e nepahetseng (ka ho sebeletsa): Matla: 336 kJ, Protheine: 2g, Mafura kaofela: 10 g, LiCarbs: 7 g, Faeba : 3 g, Sodium: 380 mg

Khale ke superstar ea phepo e nepahetseng -e na le vithamine A, K, B6le C hammoho le calcium, potasio, koporo le mananganemangane.



Litaelos:

1. Preheat ontong ho ea ho 160°C.
2. Hlatsoa 'me u omelle khale.
3. Khaola khale ka likotoana tse nyane tsa ho loma kapa khetha ho sebelisa makhasi a maholo.
4. Jala khale holim'a literei tse peli tsa ho baka, ho etsa bonnete ba hore ha li kopane le makhasi kaha a ke ke a omella hantle ka tsela e ngoe.
5. Fafatsa habobebe ka oli ea mohloaare le letsoai.
6. Kenya ka ontong 'me u phehele metsotso e 15/20 kapa ho fihlela o omme ka ho felletseng (sheba hore ha li chese).
7. Tlosa ka ontong 'me u lumelle ho pholile hanyenyane pele u ja



Li-beetroot tse besitsoeng le litapole tsa litapole

Bli sebelise ka ho ina ka bophelo bo botle e entsoeng ka yogurt e nang le mafura a tlase, pepeta ea lero la lemone / kalaka, koena e ncha kapa cilantro, khabeloa, letsoai le pepere ho latsoa.

Metsoako:

- 2 beetroot, e keloe
- 2tapole tse tsoekere, tse kholo, lipheletsong li keloe
- Oli ea mohloaare, bakeng sa ho fafatsa
- 1 teaspoon kumine, fatše
- letsoai leoatleng

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Likhetho tsa yoghurt ea fragola

Sena ke sa ka, ke lijo tse theolelang tse tsoantšetsoang hantle tsa selemofragole e ncha e tsoantšetsa ho fihla ha selemo le matsatsi a futhumetseng a lehlabula a tlang, 'me li tletse vithamine le liminerale, joalo ka vithamine C le K, folate le potasio, manganese le magnesium. They are low -kilojoule, fiber-rich and high in antioxidants and polyphenols and might help lower blood sugar. Li na le li-kilojoule tse tlase, li na le fiber ebile li na le li-antioxidants tse ngata le li-polyphenols mme li ka thusa ho theola khatello ea malile ho fokotsa kotsi ea lefu la pelo le methapo.



Lisebelisoa:

- 600g fragole, hammoho le li-fragole tse 3 tse nang le moriri bakeng sa ho khabisa
- 2 likhaba tsa khaba tse tsoekere tse sootho kapa tse tsoekere tse lekanang le tatso
- 1 teaspoon khase ea lemon, e arotsoe
- ½ Seretse e seng lebese
- 3 tablespoons phofshoana e tsoekere kapa senate se lekanang le tatso
- 1-1/2 linoelo hlakileng mafura a tlase a Greek -style yoghurt

Tlhalisoleseling ea phepo e nepahetseng (ka ho sebeletsa):

Matla: 907kj, Protheine: 5,2g, Kakaretso ea mafura: 6g, Carbs: 23g, Fiber: 4g, Sodium: 30mg (letsoai le tlase).

Lisebelisoa:

1. Tsoaea kaholimo ho li-fragole tsa 600g ebe u li khaola ka bolelele ho li-wedges. Tsoaea ka tsoekere e sootho kapa sweetener le khaba ea 1/2 ea khase ea lemon ka sekotlolo se bohareng, e ke e lule mochesong oa kamore ho fihlela e le lero, metsotso e ka bang 20min, kapa ho bata lihora tse 2.
2. Khabareng, whisk tranelate le tsoekere e phofshoana kapa senotlolo ka sekotlolo ho fihlela litlhorho tse thata.
3. Arola halofoea motsoako oa fragola har'a likhalase tsa parfait tse 6 kapa likotlolo tsa lijo tse tsoekere. Holimo le halofo ea motsoako oa tranelate, ho aroloa ka ho lekana.

Selemo sena se ja mefuta e fapaneng ea meroho le litholoana letsatsi le letsatsi - bonyane likarolo tse 3 tsa meroho e mecha le likarolo tse ling tse 2 likarolo tsa litholoana tse ncha.

(Ho sebeletsa / karolo e le 'ngoe ea meroho kapa litholoana = hoo e ka bang 1cup e phehiloeng, kapa 80g e ncha kapa 30 g e omisitsoeng).

