

Manje Sante Pou Granmoun: BWE POU SANTE-W¹

Jennifer Hillan²



Pou smoothies, blende tout engridiyen yo epi tan lè yo tounen krèm.
Si ou itilize fwi ki glase, ou pa bezwen glas. Men si pa gen glas mete de cube.

Frèz Smoothie

- 1 tas lèt ekreme
- ½ tas frèz (frè osnon glase)
- ¼ tas ji kikousinèt
- 2 kiye tab ki gen avwann



Seriz, Fig Smoothie

- 1 tas yogout san grès
- ½ tas seriz ble (frè osnon glase)
- ½ tas fig (frè osnon glase)
- 2 kiye tab ki gen avwann



Pwen : Retire pò ki sou fig mi, koupe epi mete-l nan frijidè pou de semen.

Pèch Smoothies

- 1 tas yogout vaniy
- ½ tas pèch (frè osnon glase)
- ¼ tas ji zoranj
- 2 kiye tab ki gen avwann

Chokola Fig Smoothies

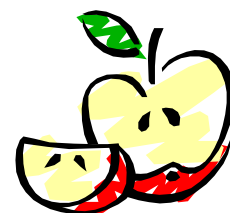
- 1 tas lèt san grès
- 1 fig (frè osnon glase)
- 3 kiye tab ki gen poud kokoye

Manba Fig Smoothies

- 1 tas lèt ki pa gen grès
- 1 fig (frè osnon glase)
- 1 kiye tab ki gen krèm manba
- 1 kiye tab ki gen vaniy

Pòm Smoothies

- 1 tas yogout vaniy
- ¼ tas ji pòm
- ½ pòm
- ¼ tas ki gen sòs pòm san sik
- ¼ kiye tab ki gen cinnamon
- ¼ nutmeg



Twopical Smoothies

- 1 tas lèt ekreme
- ½ mango
- ½ tas anana (frè osnon canned)
- 1 kiye tab ki gen vaniy



Si ou se yon moun ki pakab mete lèt nan vant ou, eseye kalcium osnon diri lèt angiz lèt bèf.

1. This document is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: March 2004. The English version of this Haitian Creole language leaflet is *Healthy Eating for Elders: Drink to Your Health*. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
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