

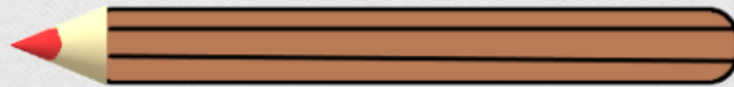
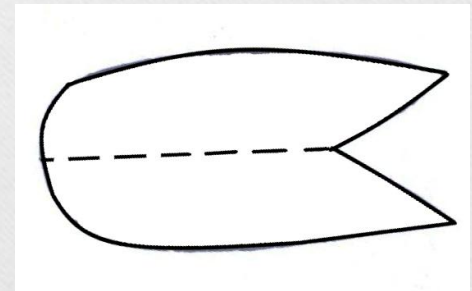
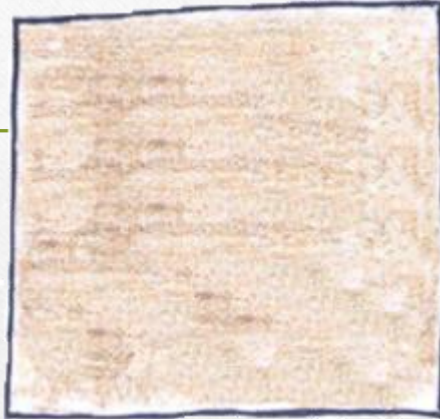
LA RONDINE SUL NIDO



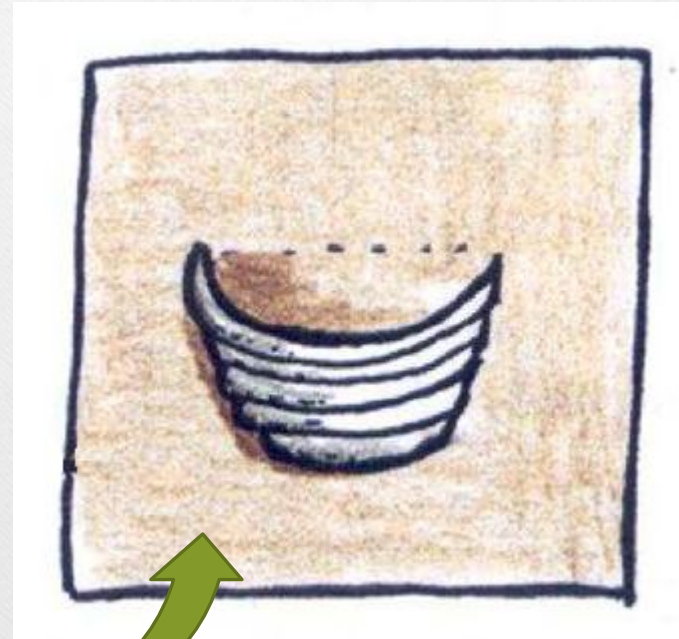
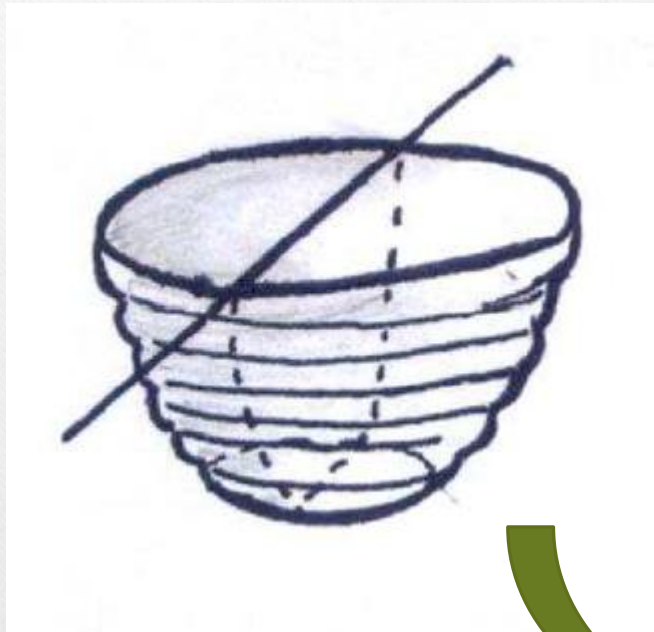
Parco Pineta
Il cuore verde della Lombardia



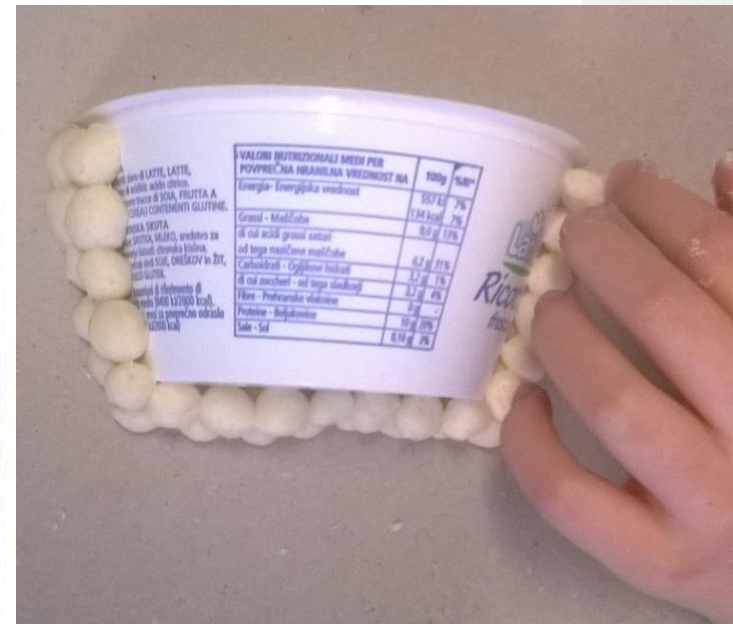
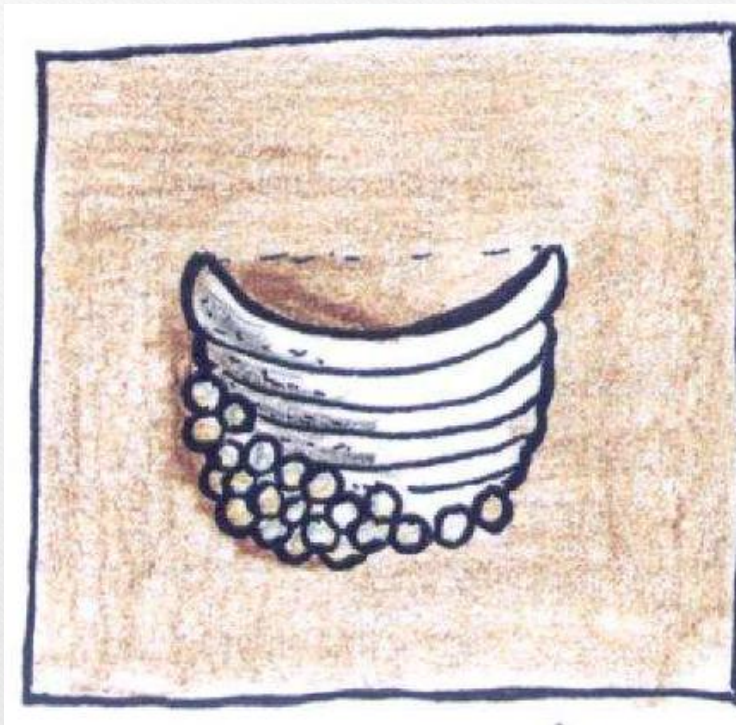
COSA OCCORRE?



TAGLIARE A META' UN VASETTO DI RICOTTA E
INCOLLARE SUL CARTONCINO

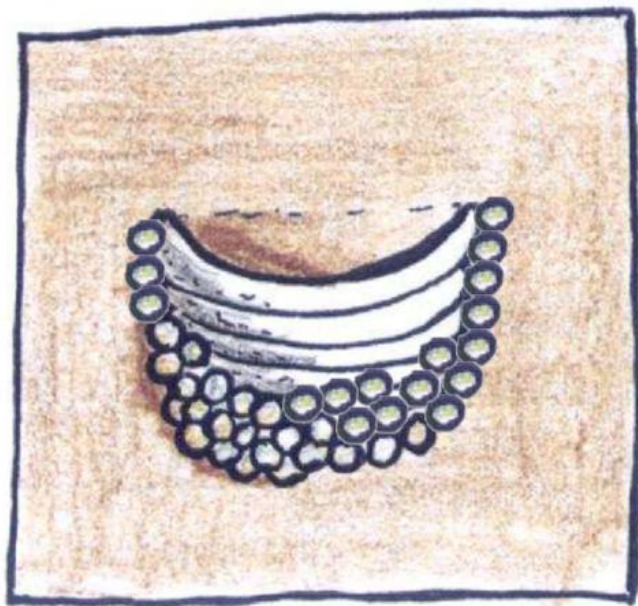


INCOLLARE PALLINE DI PASTA DI SALE

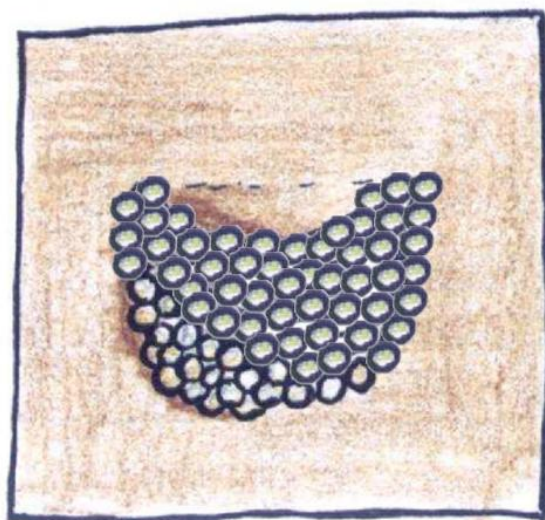


VALORI NUTRIZIONALI MEDI PER POPPICINA FRAGOLINA VREDNOST NA		
	100g	%RNI*
Energia - Enerگیjska vrednost	107 kJ	2%
Grassi - Maščobe	1,24 g	2%
di cui acidi grassi saturi	0,57 g	11%
di cui trigliceridi monoinsaturi	0,2 g	4%
di cui trigliceridi polinsaturi	0,2 g	4%
Carboidrati - Ogjikovni hidrati	1,2 g	2%
di cui zuccheri - od tega sladkorji	0,2 g	4%
Fibra - Prehranske vlaknine	0 g	0%
Proteine - Beljakovine	10 g	20%
Sal - Sol	0,14 g	3%

INCOLLARE PALLINE DI PASTA DI SALE



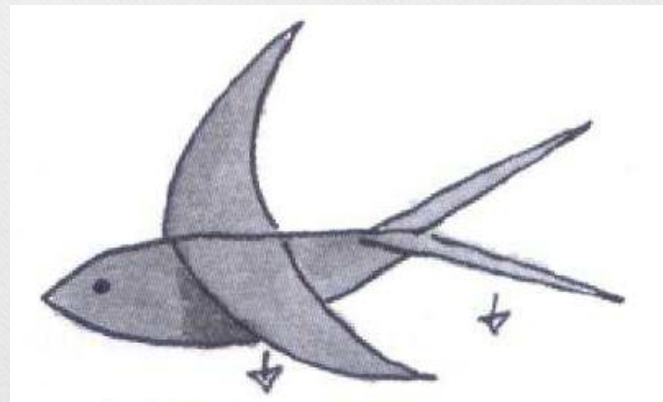
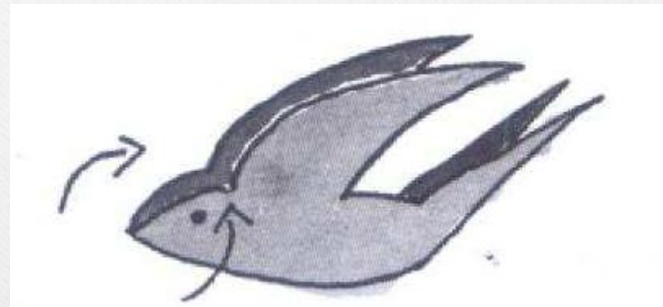
INCOLLARE PALLINE DI PASTA DI SALE



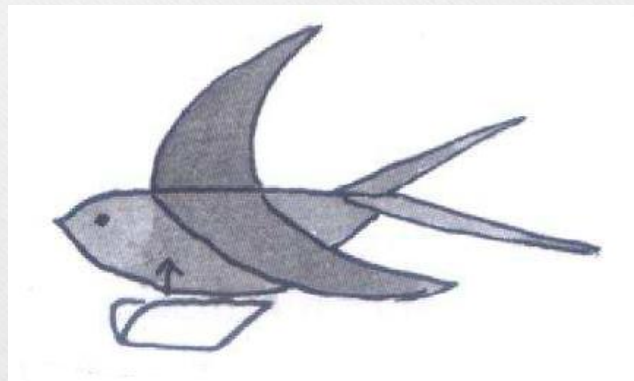
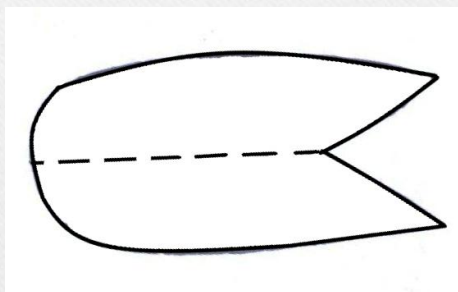
IMBOTTISCI IL NIDO



RIPORTARE LA SAGOMA DELLA RONDINE SU CARTONCINO NERO



TAGLIARE LA PANCIA BIANCA



QUALCHE RITOCÇO.....
FATTO!



LE UOVA POSSONO ESSERE DI CIOCCOLATO!



FINE