

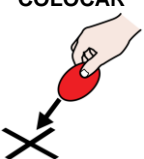



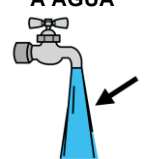










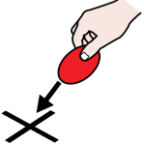

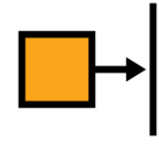


4 	1 1	COLHER DE SOBREMESA 	DE MEL 
5 	GOTAS 	DE ESSÊNCIA DE BAUNILHA 	

COMO 	FAZER 					
COLOCAR 	AS BANANAS 	CORTADAS 	ÀS RODELAS, 	A ÁGUA 	DA TORNEIRA, 	O CHOCOLATE 
EM PÓ, 	O MEL 	E E	A ESSÊNCIA DE BAUNILHA 	NO NO	LIQUIDIFICADOR 	
E E	MISTURAR. 					
VERTER 	A MISTURA 	EM FORMAS DE GELADO. 				
COLOCAR 	NO	CONGELADOR 	ATÉ 	CONGELAR. 