

<p style="text-align: center;"><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;"></span></p> <p><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">Kaporszezon van, ahhoz kell valami. Lehetett volna csusza is, mert az is nagyon finom, de cukkini is volt otthon, y ez lett. </span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">Egyszer?, gyors vacsora.</span></p> <p><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;"></span></p> <p style="text-align: justify;"><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">Tzta:</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">2 dl v</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">30-40 dkg teljes ki?rl? liszt,</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">1 ek zs</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">s</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">kapor (igen, a tzt a is)</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">sz abikarb a</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">Teteje:</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">juht r</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">kefir,</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">kapor,</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">cukkini</span><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><br style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;" /><span style="color: #222222; font-family: arial, sans-serif; font-size: 12.727272033691406px;">Bekapcsolom a t?t 200 fokra, majd a ttoz a hozz al at szegy rom. Megform om mehet is a s?t?be. Kb. 15-20 percig el?s?t, hogy a t r ne tassa el. A cukkinit les om, hogy levet eresszen, majd a t r a kefirrel, kaporral szekeverem. Megkenem a tzt a t r al, rakom a lecs tetett cukkinit, majd mehet vissza, szint kb. 20-25 percre, hogy megpiruljon. </span></p>