

Picto
CHEF



TRUFFES À LA NOIX DE COCO

Sophie Lemarié

illustré par *Pascal Biet*



ingrédients



et ustensiles



pour les truffes à la noix de coco



1 saladier



1 cuillère en bois



1 cuillère à soupe



une trentaine de noisettes



le pot doseur bleu



le pot doseur vert



1 boîte de lait concentré sucré



de la noix de coco rapée



1 bol



1 assiette



1 sac plastique zippé



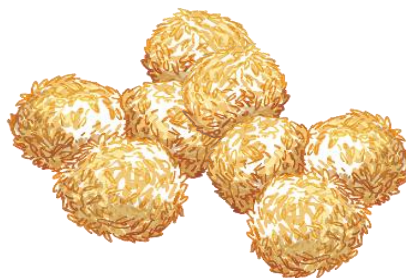
des corn flakes



cuisiner



les truffes
à la noix de coco



se laver les mains



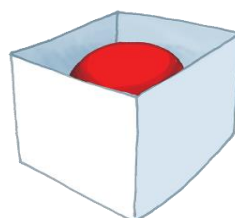
vider le pot



le lait concentré
sucré



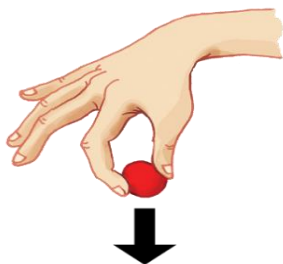
dans



le saladier



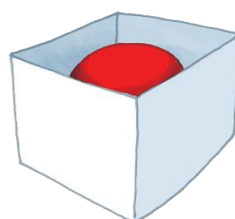
mettre



la noix de coco
rapée



dans



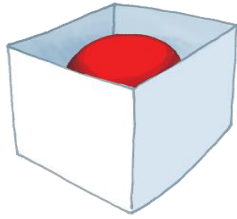
le pot
jusqu'au trait bleu



vider le pot



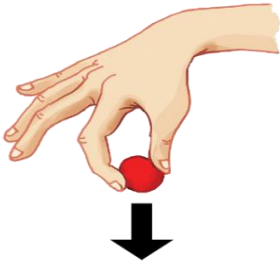
dans



le saladier



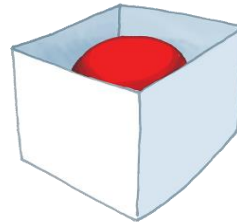
mettre



la noix de coco rapée



dans



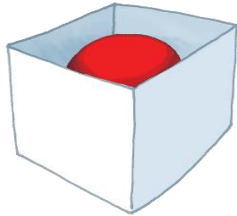
le pot
jusqu'au trait bleu



vider le pot



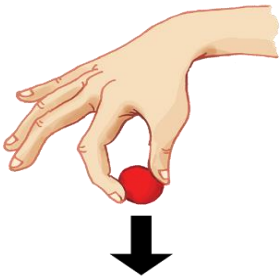
dans



le saladier



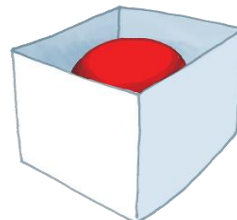
mettre



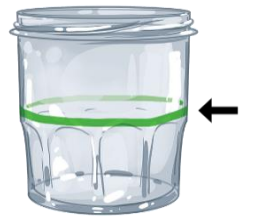
la noix de coco rapée



dans



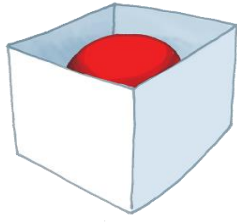
le pot
jusqu'au trait vert



vider le pot



dans



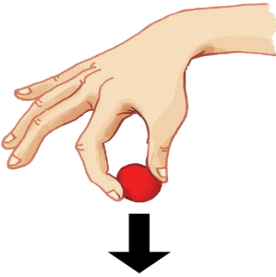
le saladier



mélanger avec la
cuillère en bois



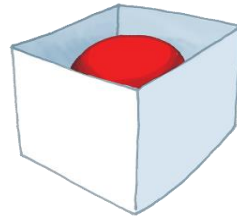
mettre



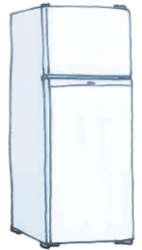
le saladier



dans



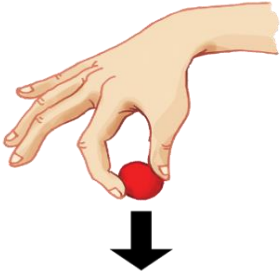
le frigo



attendre 1 heure



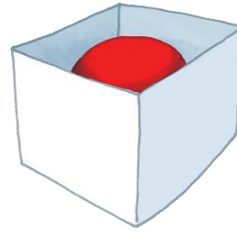
mettre



les corn flakes



dans



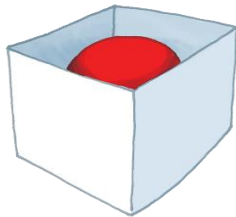
le pot
jusqu'au trait bleu



vider le pot



dans



le sac plastique zippé



fermer



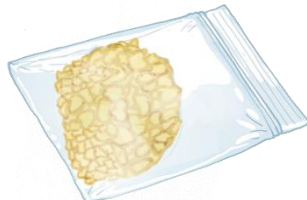
le sac plastique zippé



écraser



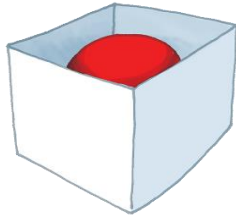
le sac plastique zippé



vider le sac plastique



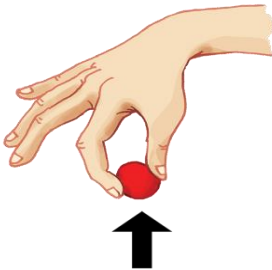
dans



le bol



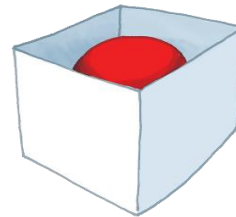
prendre



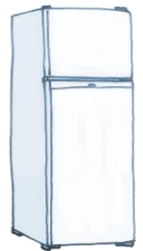
le saladier



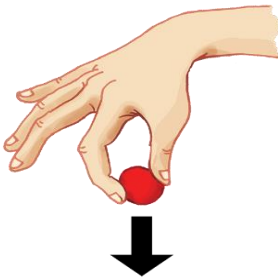
dans



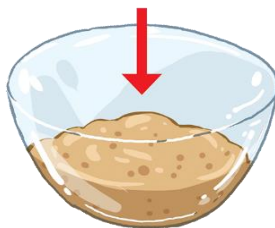
le frigo



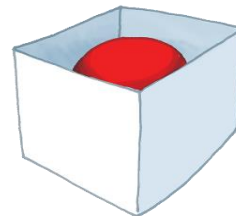
mettre



le mélange



dans



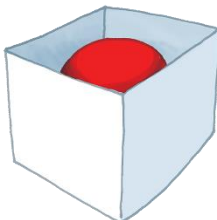
cuillère à soupe



vider la cuillère

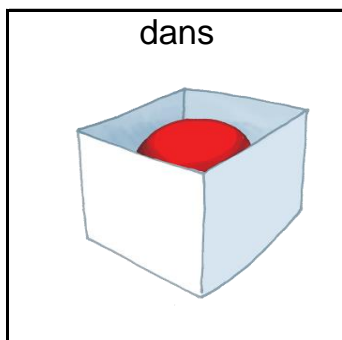
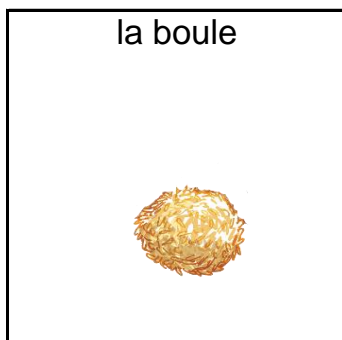
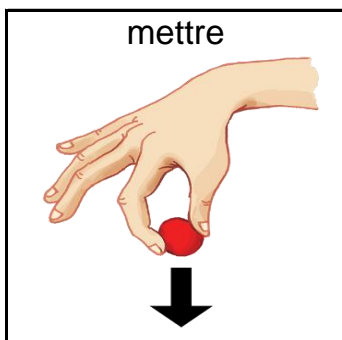
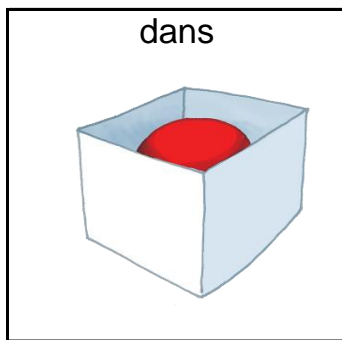
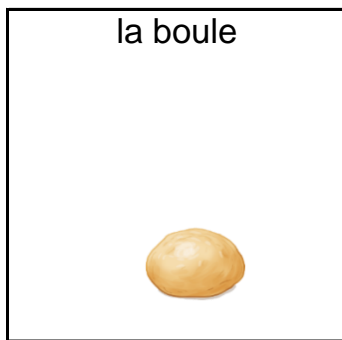
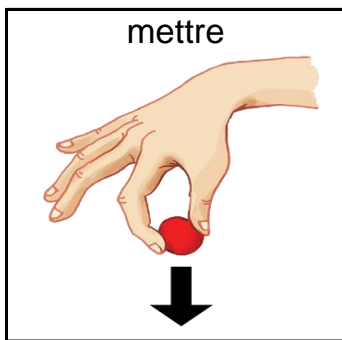
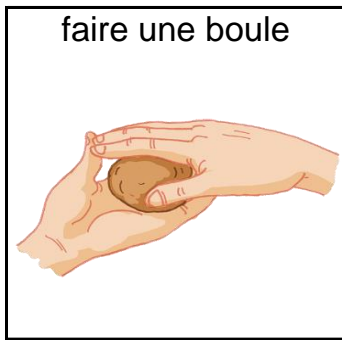
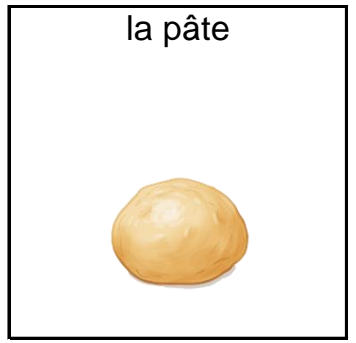
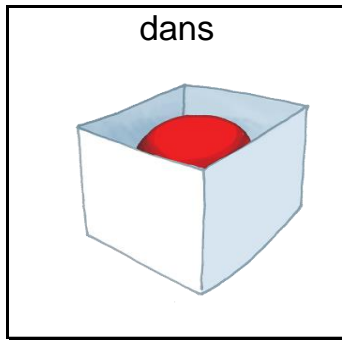
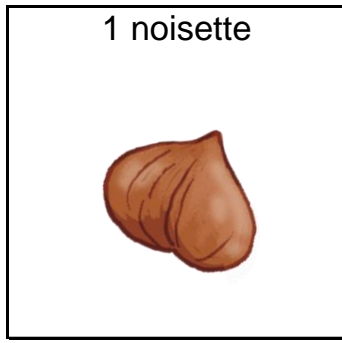
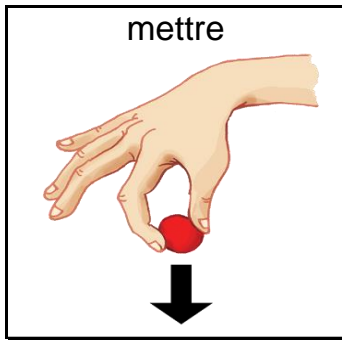


dans



la main





recommencer



jusqu'à



ce que le saladier
soit vide



*

se laver les mains



appeler 1 aidant

