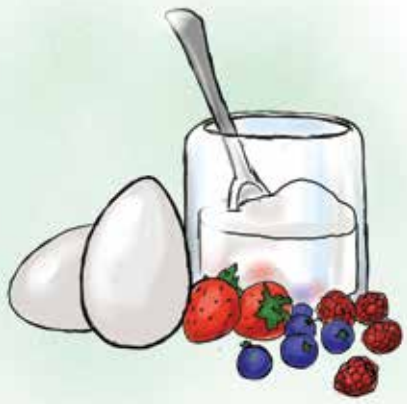
ᐸᐅᕐᖓᓂᒃ, ᑭᒻᒥᓇᕐᓂᒃ, ᑭᒍᑎᕐᓇᓂᒃ ᕐᑲᓚᒪᔪᐊᐱᓕᐅᓂᕐᖅ (Muffins)



15-ᓂ ᕐᑲᓚᒪᔪᐊᐱᓐᓂᒃ (Muffins) ᐃᓚᒐᒪᖕᒐᔪᖅ

2	ᒪᓐᓃᒃ
1 ᕐᑲᓪᓗᑎᒃ (250 ml)	ᐃᒻᒧᖅ
½ ᕐᑲᓪᓗᑎᒃ (125 ml)	ᐅᕐᓱᖅ
1½ ᕐᑲᓪᓗᑎᒃ (375 ml)	ᓄᑖᑦ ᕐᑯᐊᓪᓗᓃᑦ ᐸᐅᕐᖓᑦ
2 ½ ᕐᑲᓪᓗᑏᑦ (625 ml)	ᓂᕐᑭᑦᓴᔭᖅ
¾ ᕐᑲᓪᓗᑎᒃ (175 ml)	ᒪᒪᕐᓴᐅᑎᒃ
4 ᕐᑲᓗᕐᐅᑎᐊᑏᑦ (20 ml)	ᐳᑦᔪᓴᐅᑎᒃ

ᐊᑐᐃᓐᓇᕈᕐᑎᓗᒋᑦ:

1. ᑭᐊᑦᓴᐅᑎᒃ ᐃᑭᓗᒍ ᐆᓇᕐᓂᖓ 400°F-ᒧᕐᓗᒍ.
2. ᐃᒻᒧᖅ, ᒪᓐᓂᖅ, ᐅᕐᓱᓗ ᑲᑎᑎᕐᓗᒋᑦ ᐃᖑᓚᓗᒋᓪᓗ.
3. ᓄᑖᐃᓃᑦ ᐃᕐᑭᓗᒋᑦ ᐃᒪᕐᒧᑦ. ᕐᑯᐊᒍᐸᐸᑕ, ᐊᐅᑦᓯᕐᑲᕐᓗᒋᑦ ᐅᑯᑯᓗᓐᓃᑦ ᐊᑯᓂᐅᖕᖕᒋᑐᖅ Microwave-ᒥ ᐊᐅᑦᓯᑎᓗᖕᒋᑦ.
4. ᐊᓯᓕᒫᖕᒋᑦ ᐆᒍᑕᕐᓚᒧᑦ ᐃᓕᓗᒋᑦ ᐃᖑᓚᓗᒋᓪᓗ.
5. ᓄᓂᑖᕐᑕᓕᒃ ᒪᓐᓂᑕᓕᓪᓗ ᑲᑎᑎᕐᓗᒋᑦ ᐃᖑᓚᓗᒋᓪᓗ.
6. ᕐᑲᓚᒪᔪᐊᐱᓗᐅᕈᑎᒧᑦ ᐊᕕᑦᑐᓗᒋᑦ. ᐃᒐᑎᓪᓗᒋᓪᓗ 20-ᒥᓂᑦᓯᒥ.

ᒃᓴᐃᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES