

# μ°üSĚÖ

Posted by OLIVIATAY - 2009/09/28 16:43

žéĚ²üNÎÒμÄμ°üSĚÖmÄ±íÄæÓĐĭňý”šm°ãmÄÄÑ°ÛĚĵ

Ě³xVĚÇĭÄĚ°

Ě®ÓíÆm

75g μβ½îüĭ·Û

75g μί½îüĭ·Û

70g Ě®

55g ĚÓÓí Ě”íÒÓÄgolden magerine)

30g ĭÇ·Û

ÓíÆm

220g μί½îüĭ·Û

110g °xÓí

ĚÇĚ³xVĭ«ĵĚβĚĚÇĭ«ÓíĚĵβĚĚÇ°æmÄĭ«¾ÄĚĵ(200c - 15-20 min)

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