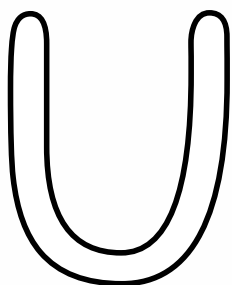


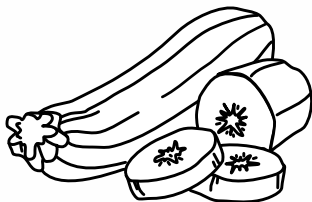
# Uczta Mateusza!



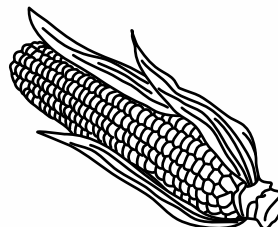
Pełna smaku i zapachu sałatka  
z ulubionych warzyw!



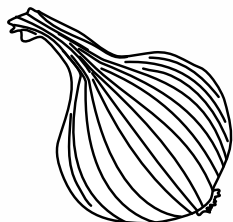
burak



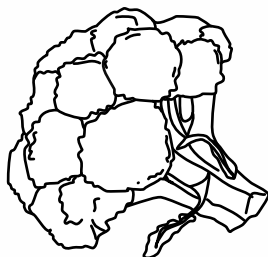
cukinia



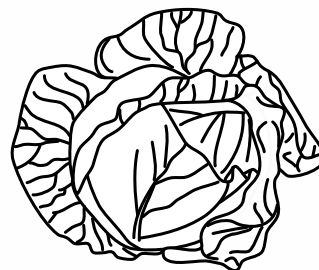
kukurydza



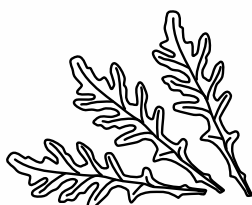
cebula



brokuł



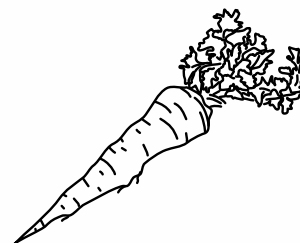
kapusta



rukola



jarmuż



pietruszką

Warzywa mogą być:

- u gotowane
- u smażone
- u pieczone

Warzywa możemy jeść

surowe i chrupiące  
w pełnej witamin surówce.

Mozemy też pić w postaci  
koktajlu.



Pamiętaj o umyciu warzyw!