

Jinsi ya kupika Mkate wa sinia

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Dondoo za Mapishi na Lishe · Upishi na Maandalizi ya Milo yenye Afya · #Karibu AckySHINE

Mahitaji

Unga wa mchele (rice flour 2 vikombe vya chai) Sukari (sugar 3/4 ya kikombe cha chai)

Hamira (dried yeast 3/4 kijiko cha chakula) Hiliki (cardamon powder 1/2 kijiko cha

chai) Ute wa yai 1(egg white) Tui la nazi (coconut milk kikombe 1 na 1/2 cha chai)

Mafuta (vegetable oil)

Matayarisho

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