

NQAIJ NPUAS KIV ROJ NOOG SUET



2 khob noob txiv bird seed, rolled oats, los sis pob kws



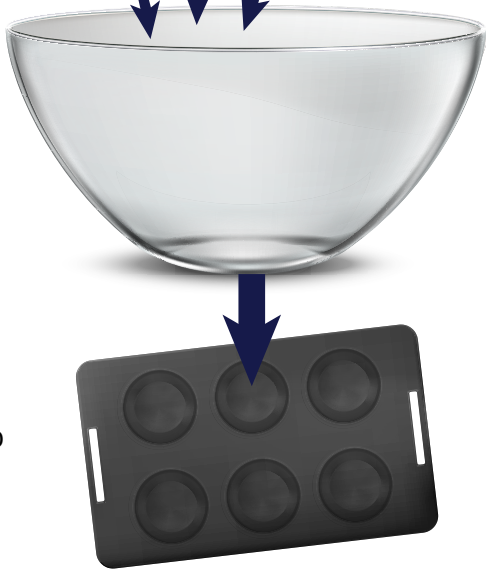
1 khob roj seem los ntawm tej nqaij ci, nqaij npuas, thiab lwm yam



Xaiv tau: tej noob txiv laum huab xeeb, txiv hmab quav, ¼ txiv laum huab xeeb zom

KEV QHIA UA

Tso lub fij ntim tej roj seem rau hauv lub microwave kom mus txog thaum zoo siv lawm. Tso roj rau hauv lub microwave kom ntev li 30 chib (xis nkoos), sib tov ua ke. Muab tag nrho tej ntawd coj los sib tov rau hauv ib lub tais loj kom sib tod zoo. Tso tej khoom txuj lom sib tod ua ke nrog muffin tin thiab muab muab tso rau hauv lub taub yeev kom kov. Muab tej khoom noj seem pov rau nooj noj!



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Qhov Chaw Qhia Txog Cov Ntaub Ntaww: Susan Young, Resident and Employee Services Manager, Saint Paul Public Works