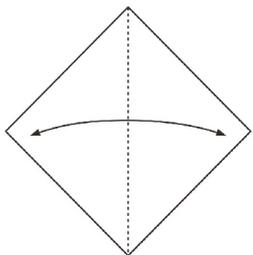


蘋果

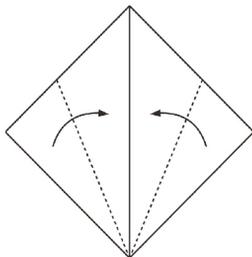
蘋果連皮吃，可增加膳食纖維的攝取量，有助預防便秘。

一份水果約等於一個中型蘋果

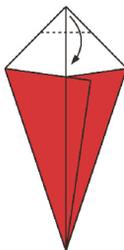
1 對折至出現折痕，還原



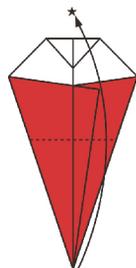
2 沿虛線折



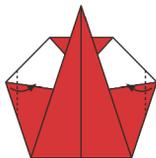
3 沿虛線向前面折



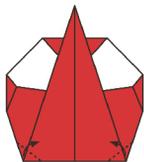
4 折到★的地方



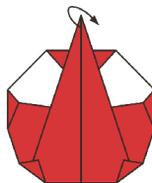
5 沿虛線向前面折



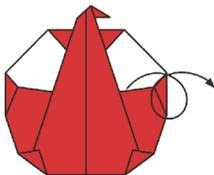
6 沿虛線向前面折



7 沿虛線向背面折



8 翻過來



9 完成

