

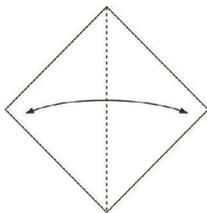
提子

提子又名葡萄，含豐富的抗氧化物，有助保護血管健康。

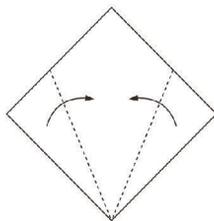
一份水果相等於½碗提子

註：一碗 = 250 - 300毫升

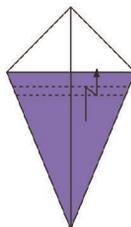
1 橫豎對折至折痕出現，還原



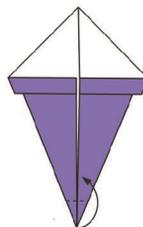
2 沿虛線向中間折



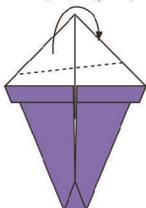
3 沿下虛線向下折，再向上折



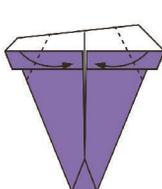
4 沿虛線折



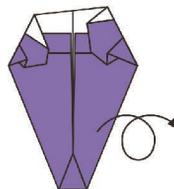
5 沿虛線向背面折



6 沿虛線向上折



7 翻過來



8 畫上提子粒完成

