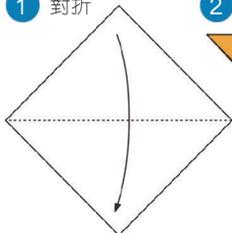


柿子

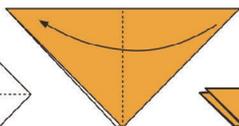
柿子含有豐富的水溶性纖維、維生素C及鉀質。

一份水果約等於½個大型柿

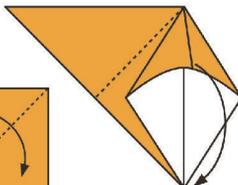
1 對折



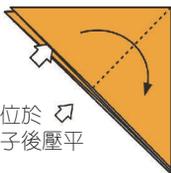
2 對折



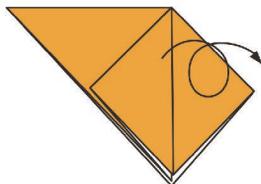
4 壓平



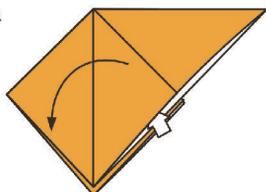
3 打開位於 ↗ 的袋子後壓平



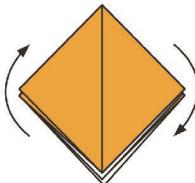
5 翻過來



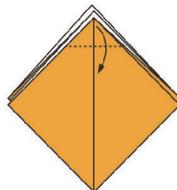
6 用同樣的方法壓平袋子



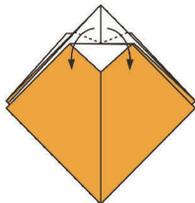
7 上下翻轉



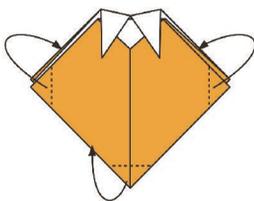
8 沿虛線向背面折



9 沿虛線折



10 沿虛線折



11 畫上花紋完成

