From: Karyna Shuliak <████████████████████>
To: ██████████████ <██████████████████████>
Subject: Re: reccetes des muffins pour Monieur Epstein
Date: Tue, 31 May 2016 21:36:23 +0000

Hi ████,

Thanks, I just did the translation and have a few questions:
1. Valdson's recipe has 1 handful of dry fruits. Can you ask him what those fruits are?
2. Does he use any nuts? If so, what kind and how much?
3. Does he use a ground flaxseed meal (besides the whole flaxseed that is mentioned in the recipe)?
4. This line does not translates well in google translate, may be you can tell me what this means: huile et remplir les moules a muffins a 2/3 ?

Thank you very much! And hope you guys are having a great time!

On May 31, 2016, at 4:32 PM, ████████ <██████████████████████> wrote:

Hi Karyna,

Got this from Valdson today. Would you like me to translate it? I will need to use Google translation when I have wifi again. Hopefully Wednesday!

Hope you are having a wonderful ████████!

💕❤️

---------- Forwarded message ----------
From: valdson cotrin <██████████████████>
Date: Tuesday, May 31, 2016
Subject: reccetes des muffins pour Monieur Epstein
To: ██████████████ <██████████████████████>

4oeufs des grande taille
3/4 de tasse d'huile de olive
3 tasse de sucre brun en poudre
4 tasse de digestime brun coarse wheat bran
4 tasse de lait
1 cuillère a thé' de vanille liquide liquide
5 tasse de farine brune whole wheat flour
1 tasse de amande en poudre
5 cuillères a the' de bicarbonate (baking soda)
1/4 cuillères a the du sel.
250 grammes de raisin sans pépin
1 poigne des fruits sec . coupez en petit morceaux
1 poigne de flaxseed
battre les œufs et le sucre ajouter l'huile e bien battre ajouter tous les ingrédient un par un
mélangez bien le tous.
conserver la mixture au frais dans le réfrigérateur

huile et remplir les moules a muffins a 2/3

faire cuire au four a 180 environ 20 minutes

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