



# ABUELA MAMA Y YO

FORTALECIENDO LA SALUD DE TRES GENERACIONES

## Arepas

### Ingredients for 8 arepas:

2 cups of Masa Arepa maiz precocido (PAN)

2 cups of warm water

1 tbsp of salt

1 tbsp of olive oil

Arepas can be eaten with cheese, picadillo, tinga or refried beans.



# Arepas

## Preparation:

1. In a large bowl, knead all the ingredients, until there is a well-integrated dough.
2. Let it rest for 10 min.
3. Make 8 balls of the same size and flatten a little.
4. Preheat the comal (flat pan) with a medium heat.
5. Cook each arepa for 4 minutes. Flip and cook for another 3 minutes.
6. Once cooked, let them cool down before cutting and opening them in the middle.

**Corn has a good amount of fiber, which improves our intestinal health.**



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