



# Macmacaanka laga sameeyo Bocorka Jaalaha ah

Xaddiga 8 | waqtiga cunto diyaarinta 10 daqiiqo |  
Waqtiga guud 10 daqiiqo.

**Qalabka:** Baaquli weyn

**Maacuunta:** Malgacada cuntada lagu walaaqo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

1 15 wiiqiyadood oo bocor saafi ah oo gasacadaysan

1/8 qaaddo oo cusbo ah

2 qaaddo shaah oo ah xawaashka doolshe bocoreedka ah AMA 1 qaaddo shaah oo qorfe ah, 1/2 qaaddo shaah oo sinjibiil ah, 1/2 qaaddo shaah oo jaws ah

1 1/2 koob oo caano dufanku ku yar yahay ah

1 baakad (3.4 wiiqiyood) oo isku darka macmacaanka laga sameeyo faniilada

8 oo ah buskutka burbura AMA 1 aado oo ah miraha granola

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda.
2. baaquli wayn oo wax lagu qaso, isku darka bocorka jaallaha ah, cusbo, iyo xawaajiga laga sameeyo bocorka jaallaha ah.
3. Si aayar ah u walaaq caanaha oo si fiican isku qas.
4. Ku dar isku darka macmacaanka ah oo walaaq muddo 2 daqiiqo ah ilaa ay ka adkaanayso.
5. Geli furinjiyeerka ilaa aad diyaar uga noqoto inaa cunto.
6. Sii qof 1/2 oo buskut ah ama 2 qaado oo ah miraha granila halkii xadidba.

## Macluumaadka Nafaqada:

Kalooriyada 140 Dufanka Guud 2g Cusbada 230mg

Karbohaydaraydhka Guud 27g Borotiinka 3g