



Shuwaarmo Maksikaan Saladh Leh

Xaddiga Cuntada 4 | Waqtiga diyaarinta 5 daqiiqo. |
Waqtiga guud 15 daqiiqo.

Qalabka:

Baaquli weyn
Birtaabada cunto shiilida
Gasac fure

Maacuunta:

Fandhaal ama malgacad
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

1 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
1 rodol duqad hilib digiiran ah (85% ama jilicsan)
oo caato ah

1 basal, si fiican loo jarjaray

1/2 baakad oo xawaajiyada ama dhireynta
shuwaarmada ah oo cusbo yar leh AMA 2 qaaddo
oo Xawaajiyada Shuwaarmada ee Celebrate
Your Plate

1 15 wiqiyadood oo digir (beebeeshe ama madow)
oo aan milix/cusbo lagu darin oo gasacadaysan,
la qallajiyay oo la biyo raaciyay

3/4 koob oo iidaan ah AMA 3/4 koob lidaanka
Xilliga Kulaylaha ee Celebrate Your Plate

4 koob oo saladhka cagaaran ah, la yaryareeyay

2 yaanyo oo dhexdhexaad ah, la jarjaray

1 barbarooni oo cagaaran oo dhexdhexaad ah,
la jarjaray

1/2 koob oo farmaajada adag ah, la firay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, gasacadaha dushooda, maacuunta, iyo cuntada.
2. Adigoo adeegsanaya birtaabada cunto shiilida, ku kululee saliida dab dhexdhexaad ah. Ku dar digiiranka la shiiday, basal, iyo xawaashka ama dhireynta shuwaarmada. Adigoo isticmaalaya fandhaal ama qaaddo yar, burburi hilibka oo ka dhig caddad yaryar. Si fiican u kari ilaa hilibku uu ka karo, qiyaastii 6-8 daqiiqo.
3. Digirta iyo iidaanka ku shub birtaabada cunto shiilida oo si tartiib ah iskugu qas si aad isugu darmaan. Kari 3-4 daqiiqo, adigoo marmar walaaqaya.
4. Inta uu hilibku karayo, ku rid salakad- cagaaran, yaanyada, iyo barbarooniga cagaaran baaquliga cuntada lagu qaso. Si tartiib ah u kawtan.
5. Markaad diyaar u tahay inaad gurto, adigoo qaaddo isticmaalaya saladhka cagaaran ka soo dul mari dhafdhafka hilibka oo dul saar farmaajada la firay.

Macluumaadka Nafaqada:

Kalooriyada 530

Dufanka Guud 20g

Cusbada 1160mg

Karbohaydaraydhka Guud 45g

Borotiinka 46g