



Yaanyo Shidnida Guriga Lagu Sameeyo

Xaddiga Cuntada 6 | Waqtiga diyaarinta 30 daqiiqo. |
Waqtiga guud 50 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Khudaar-hoole

Khudaar hoole

Gasac fure

Dheri dhexdhexaad ah oo dabool leh

Maacuunta:

Mindi

Qaaddada cuntada lagu walaaqo

Maaddooyinka

2 basal baar, la googooyay

8 xabo oo toon qoyan ah, la kalaawiyay AMA 3 qaaddo oo toonta buddada ah

2 karooto, la hoolay

2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah

1 1/2 qaaddo oo xawaaji Talyaani ah AMA Xawaaji Talyaaniga Celebrate Your Plate

1/2 qaaddo milix ah (ikhtiyaari)

1 qaaddo oo filfil ah

2 28 wiqiyadood oo yaanyo gasacadaysan oo aan cusbo lagu darin oo la ridqay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo cuntada.
2. Adigoo adeegsanaya dheri dhexdhexaad ah oo saaran dab dhexdhexaadka ah, ku dar saliida, basasha, toonta, iyo karootada. Kari ilaa basasha ay ka jilicdo, qiyaastii 3-5 daqiiqo.
3. Ku dar yaanyada, xawaaji Talyaaniga, milixda, iyo barbarooniga. Walaaq si aad isugu darto.
4. U kordhi dabka oo ha buro shidniga.
5. U yaree dabka oo dabool dheriga. U oggolow shidnigu inuu iiro ilaa 15 daqiiqo, adigoo marmar walaaqaya.

Macluumaadka Nafaqada:

Kalooriyada 90 Dufanka Guud 5g Cusbada 30mg Karbohaydaraydhka
Guud 8g Borotiinka 2g