



# Digirta Cagaaran iyo Baradhada ee Kareemka Leh

Xaddiga Cuntada 8 | Waqtiga diyaarinta 30 daqiiqo. |  
Waqtiga guud 50 daqiiqo.

## Qalabka:

Digsiga Maraqa ee Weyn

## Maacuunta:

Qaaddada Cuntada Lagu Walaaqo

Koobabka ama Qaaddooyinka Cuntada Lagu Cabbiro

## Maaddooyinka

2 koob oo digir cagaar barafaysan ah

2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah

1 qaaddo oo warangada galleyda

1/4 qaaddo oo geed adari la qallajiyay ah

1/4 qaaddo oo geedgaab la qallajiyay ah

1/4 qaaddo oo cusbo ah

1/8 qaaddo oo filfil ah

1 koob oo caano dufanku ku yar yihiin ah

1/2 koob oo boqoshaa ah, la saafay

2 koob oo baradho yaryar ah, la dubay oo afar gabal loo kala jaray

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, cuntada, iyo maacuunta.
2. U kari digir cagaarta barafaysan si waafaqsan tilmaamaha xirmada. Dabka ka qaad.
3. Ku karkari saliida digsigu maraqa ee weyn adigoo saaraya dab dhexdhexaad ah, ku walaaq warangada galleyda ilaa ay si siman isugu qasanto saddex ilaa afar daqiiqo.
4. Si tartiib ah ugu dar geed adariga, geedgaabka, milixda, basbaaska, caanaha, iyo boqoshaaga adigoo u walaaqaya si joogto ah ilaa inta dhafdhafka ka adkaado, qiyaastiii shan daqiiqo.
5. Ku dar digirta cagaaran iyo baradhada oo walaaq ilaa ay ka wada kululaanayaan, oo boqoshaagu si buuxda uga karayo.

## Macluumaadka Nafaqada:

Kalooriyada 90                      Dufanka Guud 4g                      Cusbada 90mg  
Karbohaydaraydhka Guud 11g                      Borotiinka 2g