



Sukiiniga Baastada ah ama Dhaadheer

Xaddiga Cuntada 2 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga guud 55 daqiiqo.

Qalabka:

Saxanka foornada
Tiish
Hoole leh godod waaweyn

Maacuunta:

Koobabka cuntada lagu cabbiro

Maaddooyinka

2 sukiini oo waaweyn (qiyaastii 4 sukiini oo yaryar)
Cusbo dhamballan
1 24 wiiqiyadood oo yaanyo shidni dhalo ku jirta (Ikhtiyaari)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 200 darajo xaraareed.
3. Adigoo adeegsanaya geeska hoolaha gododka waaweyn leh, u wad dhinaca dheer ee sukiiniga qaybta hoose ee hoolaha, si siman. Hubso inaad si dhaadheer u hoosho sukiiniga meelaha dhaadheer si aad ugu dambeyn u hesho kuwo dhaadheer halkii aad ka heli lahayd gabalo gaagaaban.
4. Hool isla qaybta sukiiniga ah dhowr jeer kadibna u wareeji dhinaca cusub oo hool mar labaad, adigoo gadgadinaya sukiiniga ilaa aad ka gaarto buruqyada miraha leh. Iska tuur buruqa oo hool sukiiniga soo haray.
5. Saar sukiiniga dhaadheer tiish la dul saaray saxanka foornada. Ku rushee cusbada kala dhamballan oo ku dub fooro la sii kululeeyay qiyaastii 30 daqiiqo.
6. Ka soo bixi foorasada sukiiniga dhaadheer. Ku dar markaad gurayso yaanyo shidni la sii kululeeyay.

Macluumaadka Nafaqada:

Kalooriyada 60
Dufanka Guud 1g
Cusbada 610mg
Karbohaydaraydhka Guud 10g
Borotiinka 4g