



Jeexyada Baradhada ee Lagu Shiilo Foonada

Xaddiga Cuntada 6 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga guud 45 daqiiqo.

Qalabka:

saxanka foonada oo 11x14-inji ah
Looxa cuntada lagu jarjaro
Baaquli weyn

Maacuunta:

Mindi
Qaaddo yar ama fargeeto
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
4 bataati oo dhexdhexaad ah
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
1/4 qaaddo oo cusbo ah (ikhtiyaari)
1/4 qaaddo oo filfil ah

Ikhtiyaarka basbaaska: isku dar basbaaska iyo saliidda kahor inta aadan ku kawtamin baradhada

2 xabo oo toon qoyan ah, la kalaawiyay AMA 2 qaaddo oo toonta buddada ah
1 1/2 qaaddo oo basal buddo ah
1 qaaddo oo basbaaska buddada ah
1 qaaddo oo babariika ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed.
3. Ku buufi saxanka foornada saliida ee 11x14-injiga ah saliida cuntada ee birta lagu buufiyo.
4. Dhaq baradhada. Ka jar cidhifyada. Ha diirin.
5. U goo baradho kasta si dherer ah adigoo ka dhigaya jeexyo qiyaas ahaan isla le'eg. Ku rid baaquli weyn.
6. Saliid ku kawtan baradhada jarjaran.
7. Si aad u hesho ikhtiyaarka basbaaska: saliida ku dar toonta buddada ah, basasha buddada ah, basbaaska buddada ah, milixda, iyo filfisha kahor inta aadan u kawtamin si aad u gaarsiiso dhinacyada oo dhan.
8. Ku diyaari jeexyada hal lakab oo xaanshida saxanka foornada, adigoo wada tubin hal meel.
9. Ku dub 400 darajo xaraareed muddo 15 daqiiqo ah ama ilaa ay jeexyadu ka bilaabaan inay ka karaan.
10. Ka bixi foornada si aad u rogto jeex kasta. Ku celi foornada ilaa 15 daqiiqo si ay u karaan.

Macluumaadka Nafaqada:

Kalooriyada 120 Dufanka Guud 4.5g Cusbada 150mg Karbohaydaraydhka
Guud 17g Borotiinka 1g