



# Jeexyada Baradhada ee Lagu Shiilo Foornada

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

## Qalabka:

saxanka foornada oo 11 x 14-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 saliida 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

## Macluumaadka Nafaqada:

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

## 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 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.