



# Macmacaanka Barafaysan ee Ciirta Ka Samaysan

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 10 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Baaquliyada yaryar

## Maacuunta:

Mindi,  
Qaaddo ku gur maaddooyinka lagu dul daro  
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

4 koob oo furuut ah (daray ah ama la barafeeyay), oo la dhalaaliyay  
3 koob oo ciir faniila leh oo dufanku ku yar yahay  
1 1/2 koob oo garanoola ah  
2 qaaddo oo yicib ah, la saafay (ikhtiyaari)

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo furuutka.
2. Haddii aad isticmaalayso furuut daray ah, u diir, iyo/ama u jar hadba sida loo baahdo. U jarjar furuutka darayga ah ama barafaysan 1/2 inji gabalo ah.
3. Dulsaar 1/4 koob oo ciir ah mid kasta oo ka mid ah 6 koob ama baaquli. Ku dul dar 1/4 koob oo furuut la jarjaray ah iyo 2 qaaddo oo garanoola ah.
4. Ku celi lakabyada hal mar oo kale, adigoo ugu dambeyn dusha ka saaraya garanoolaha.
5. Ku dul dar yicib (haddii la isticmaalayo).

## Macluumaadka Nafaqada:

Kalooriyada 260  
Dufanka Guud 2g  
Cusbada 125mg  
Karbohaydaraydhka Guud 50g  
Borotiinka 8g