



Saandhawijka PB ee aan jajabka adag lahayn

Xaddiga Cuntada 2 | Waqtiga diyaarinta 5 daqiiqo. | Waqtiga guud 5 daqiiqo.

Qalabka: Xaashida lagu duubo waxyaabaha la dubaayo, Koob weyn ama baaquli yar (qiyaastii ah 4-inji oo ballac ah)

Maacuunta: Mindi, Fargeeto, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

4 gabal oo rooti badar ka samaysan ah
4 qaado oo subaga lawska ah AMA subaga (miraha khudaarta qalalan ama iniin)
1 xabo moos ah, la saafay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, saxxadaha, maacuunta iyo furuutka.
2. Adigoo isticmaalaya xaashida cuntada lagu duubo ama koob weyn, u dhig 4 jeex oo rooti ah qaab siman.
3. Adigoo isticmaalaya koob weyn, afka hore ee koobka ku riix jeex kasta oo rooti si rootigu dhexda ugu yeesho goobaabin go'an.
4. Hal jeex oo rooti, subaga looska ee cuntada la marsado, subaga miraha qalalan, ama waxyaabaha sida subaga miraha loo isticmaali karo.
5. Saar moos aad jarjartay korka meesha aad looska marisay, gaar ahaan dhexda rootiga.
6. Ku dabool mooska goobinta kale ee rootiga.
7. Si wada jir ah u qabo geesaha rootiga. Isku dheji geesaha adoo ku riixaya fargeeto gaar ahaan aagga qaybta go'an ilaa inta geesuhu si buuxda isku qabsanayaan.

Macluumaadka Nafaqada:

Kalooriyada 180
Dufanka Guud 4g
Cusbada 190mg
Karbohaydaraydhka Guud 30g
Borotiinka 6g