



# Saladhka Lagu Dubo Khalka Madow

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 30 daqiiqo.

**Qalabka:** Saxanka foornada, sufurka

**Maacuunta:** Mindida, Burushka cuntada, Qabatada, Qaaddada cuntada lagu walaaqo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo

4 cambaruud AMA 2 15 wiiqiyadood oo cambaruud ah

6 qaaddo oo goosaarta khalka madow ah, la kala qeybiyay

2 qayb oo hilib digaaga aan lafta iyo maqaartoona lahayn

1 qaaddo oo saliid saytuun ah AMA saliida cuntada

1/4 qaaddo shaah oo cusbo ah

1/8 qaaddo shaah oo filfil ah

2 xabo oo toon daray ah, la kalaawiyay AMA 2 qaaddo shaah oo toonta buddada ah

5 wiiqiyadood oo saladh cagaaran ah AMA ansalaatada romaine

1/2 qajaar, la googooyay/jarjaray

3/4 koob oo basal cas ah, la saafay

1/2 koob oo laws aan cusbo lahayn ah (yicibta, jows Ameerikaanka, jowska iw.m.), la googooyay/jarjaray (ikhtiyaari)

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, furuutka, iyo khudaarta.
2. Sii kululee foornada ilaa 400 darajo xaraareed. Dulsaar sufur saxanka foornada ee qarqarada leh sufur ku buufi saliida cuntada ee birta lagu buufiyo.
3. Laba qaybood u kala jar cambaruuda oo ka saar lafta. Jeexyo ka dhig. Mari jeexyada 2 qaaddo oo khalka madow ah. U dulsaar saxanka foornada hal lakab ahaan.
4. Dub 15 daqiiqo, adoo rogaya cambaruuda marka waqtigu dhexda marayo.
5. Mari hilibka shaf digaaga saliid, milix, filfil, iyo toon. Ku kari hilib digaaga birtaabada cunto shiilida, 8 ilaa 10 daqiiqo ama ilaa hilib digaagu hal dhinac ka bislaado. Mari 2 qaaddo oo khalka madow ah dhinaca uu ka karay oo ku celi ilaa hilib digaagu ka wada bislaado.
6. Saladhka u diyaari hilib digaaga inaad ku darto adigoo u jarjaraya gabalo yaryar.
7. Ku rid cambaruuda iyo hilib digaaga gudaha baaquliga uu ku jiro saladhka cagaaran, qajaarka, basasha cas, iyo lawska haddii la isticmaalayo, oo ku shuuxi 2 qaaddo oo khalka madow ah. Si buuxda isugu qas.

## Macluumaadka Nafaqada:

Kalooriyada 310 Dufanka Guud 12g Cusbada 340mg Karbohaydaraydhka  
Guud 31g Borotiinka 20g