



Qajaarka Saladhka ah

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 1 saac, 10 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Baaquli weyn

Maacuunta:

Mindi

Qaaddada cuntada lagu walaaqo

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Isku dar maaddooyinka oo dhan adigoo adeegsanaya baaquli weyn oo walaaq si aad isugu qasto. Geli firintijeerka ugu yaraan 1 saac kahor inta aadan gurin.

Maaddooyinka

3 yaanyo oo yar, la jarjaray

1 qajaar oo weyn, la jarjaray

1/2 basal ah, si fiican loo jarjaray

1 barbarooni oo cagaaran oo dhexdhexaad ah, si fiican loo jarjaray

1/3 koob oo baqdoonis daray ah, la yaryareeyay AMA 1 qaaddo oo baqdoonis la qalajiyay (ikhtiyaari)

1/3 koob oo goosaar Talyaani ah oo aan dufan lahayn AMA Goosaarta Saladhka ee Celebrate Your Plate

Macluumaadka Nafaqada:

Kalooriyada 45

Dufanka Guud 1g

Cusbada 230mg

Karbohaydaraydhka Guud 9g

Borotiinka 1g