



# Macmacaanka Murcodka iyo Tufaaxa

Xaddiga Cuntada 8 | Waqtiga diyaarinta 15 daqiiqo. |  
Waqtiga guud 50-60 daqiiqo.

## Qalabka:

Saxanka dubista ama birtaabada 8 x 8-inji ah

Looxa cuntada lagu jarjaro

Baaquliga lagu qaso cuntada oo weyn

Sufur

## Maacuunta:

Mindi

Qaaddo

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

Saliida birta lagu buufiyo

4 tufaax ah, diirka laga fiiqay oo si dhuudhuuban loo saafay

1 14 wiiqiyadood oo sooska murcodka isqaba ah oo gasacadaysan

2 qaaddo oo margariin jilicsan ama subag ah, la dhalaalay

1 koob oo boorashta dhaqso karto ah ama boorashta duban ah

1/4 koob oo sonkor aan la sifayn ah

1 qaaddo oo qorfe ah

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, furuutka iyo gasacadaha korkooda.
2. Sii kululee foornada ilaa 350 darajo xaraareed.
3. Ku buufi saliida cuntada ee birta lagu buufiyo saxanka dubista ama birtaabada 8x8-injiga ah.
4. Ku rid ama shub sooska murcodka iyo tufaaxa gudaha baaquliga cuntada lagu qaso oo weyn. Ku shub isku-dafka saxanka dubista ama birtaabada ee 8x8-injiga ah ee la diyaariyay.
5. Ku dabool sufur oo ku soo celi foornada muddo dhan 25-30 daqiiqadood. Maraqa waa inuu noqdo mid xumbaynaya iyo tufaaxa jilco oo ay fargeeto geli karto.
6. Inta tufaaxyada la dubayo, isku dar margariinta la dhalaalay ama subagga iyo boorashta, sonkorta aan la sifayn, iyo qorfaha.
7. Ka qaad foornada dhafdhafka tufaaxa leh oo dabka u dheeree ilaa 400 darajo xaraareed.
8. Ku rushee boorashta koosaarta ah dusha dhafdhafka tufaaxa/murcodka. Ku soo celi foornada oo dub muddo dhan 5-7 daqiiqo oo dheeraad ah.

## Macluumaadka Nafaqada:

Kalooriyada 210                      Dufanka Guud 3.5g                      Cusbada 15mg  
Karbohaydaraydhka Guud 43g                      Borotiinka 2g