



Macmacaanka laga sameeyo Bocorka Jaalaha ah

Xaddiga cuntada 8 | Waqtiga cunto diyaarinta 10 daqiiqo |
Waqtiga guud 10 daqiiqo.

Qalabka: Baaquli weyn

Maacuunta: Malgacada cuntada lagu
walaqo, Koobabka iyo qaaddooyinka
cuntada lagu cabbiro

Maaddooyinka

1 15 wiiyadood oo bocor saafi ah oo
gasacadaysan
1/8 qaaddo oo cusbo ah
2 qaaddo shaah oo xawaashka doolshe
bocoreedka ah AMA 1 qaaddo shaah oo qorfe ah,
1/2 qaaddo shaah oo sinjibiil ah, 1/2 qaaddo
shaah oo jaws ah
1 1/2 koob oo caano dufanku ku yar yahay ah
1 baakad (3.4 wiiyood) oo isku darka
macmacaanka laga sameeyo faniilada
8 oo ah buskutka burbura AMA 1 aado oo ah
miraha granola

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda.
2. baaquli wayn oo wax lagu qaso, isku darka bocorka jaallaha ah, cusbo, iyo xawaajiga laga sameeyo bocorka jaallaha ah.
3. Si aayar ah u walaq caanaha oo si fiican isku qas.
4. Ku dar isku darka macmacaanka ah oo walaq muddo 2 daqiiqo ah ilaa ay ka adkaanayso.
5. Geli furinjiyeerka ilaa aad diyaar uga noqoto inaa cunto.
6. Sii qof 1/2 oo buskut ah ama 2 qaaddo oo ah miraha granila halkii xadidba.

Macluumaadka Nafaqada:

Kalooriyada 140
Dufanka Guud 2g
Cusbada 230mg
Karbohaydaraydhka Guud 27g
Borotiinka 3g