



Keeg Hadiyadeedka La Yaabka Leh ee Shukulaatada Leh

Xaddiga Cuntada 24 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 40 daqiiqo.

Qalabka:

Baaquli weyn

Furka doolshada ama birtaabada keega

Istakiin ama findhicil

Maacuunta:

Qaaddada cuntada lagu walaaqo

Koobabka iyo qaaddooyinka cuntada lagu

cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo

1 15 wiiyadood oo bocor saafi ah oo gasacadaysan

1 15 1/4 wiiyadood oo isku-dhafka keega oo baakadaysan

3 ukun

3/4 koob 100% casiir tufaax ah

1/2 qaaddo oo jows ah, la jarjaray (ikhtiyaari)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda.
2. Sii kululee foornada ilaa 325 darajo xaraareed. Ku buufi furka doolshada saliida cuntada ee birta lagu buufiyo.
3. Ku rid bocorka saafiga ah, dhafdhafka keega, ukunta, iyo biyaha tufaaxa gudaha baaquliga wax lagu qaso oo weyn.
4. Si fiican u qas cajiinka. Ku shub furka doolshada ama koobka keega 2/3 oo cajiinka ah adigoo qaaddo adeegsanayo. Haddii aad isticmaalayso jows, dhusha kaga rushee.
5. U dub si waafaqsan tilmaamaha xirmada keega yar-- ilaa 20 daqiiqo, ama ilaa istakiinka ama findhicilka bartamaha la geliyo uu soo baxo isagoo nadiif ah.
6. Ha qaboobo muddo 5-10 daqiiqo ah. Ka bixi furka oo gur.

Macluumaadka Nafaqada:

Kalooriyada 30

Dufanka Guud

1g Cusbada

65mg

Karbohaydaray

dhka Guud 5g

Borotiinka 1g