



Buskudyada Boorashka iyo Muuska Ka Samaysan ee Guran

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. |

Waqtiga guud 22 daqiiqo.

Qalabka:

Baaquli weyn

Saxanka buskutka lagu dubo

Maacuunta:

Baradho-ridqe ama fargeeto

Qaaddada cuntada lagu walaaqo

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo ama xaanshida saloolka

3 muus oo bisil

1 qaaddo oo qorfe ah

3 koob oo daqiiqda boorashta dhaqso karto ah ama duban

½ qaaddo oo jababka shukulaatada ah (Ikhtiyaari)

Tilmaamaha

1. Sii kululee foornada ilaa 350 darajo xaraareed.
2. Ku jajabi muuska baaquli weyn oo ku walaaq qorfaha, boorashta, iyo jababka shukulaatada ah (haddii la isticmaalayo).
3. Cabir laba qaaddo oo cajiinka ah, ku duub gacmahaaga dhexdooda, kubbadda saar saxanka buskutka lagu dubo oo kor u si yar u jileeci.

4. Sii wad cajiinka haray: waad awoodi kartaa inaad samayso qiyaastii ~12 buskud.
5. Dub ilaa 12 daqiiqo.

Macluumaadka Nafaqada:

Kalooriyada 210 Dufanka Guud 3g Cusbada 160mg
Karbohaydaraydhka Guud 41g Borotiinka 6g

Mac'hadkani waa bixiyaha fursadaha loo wada siman yahay. <http://www.section508.gov/> Agabkani waxaa maalgeliyay Barnaamijka Kaalmada Nafaqadda Dheeraadka ah (Supplemental Nutrition Assistance Program) — SNAP.