



# Buskudyada Boorashka iyo Muuska Ka Samaysan ee Guran

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 22 daqiiqo.

## Qalabka:

Baaquli weyn  
Saxanka foornada

## Maacuunta:

Baradho-ridqe ama fargeeto  
Qaaddada cuntada lagu walaaqo  
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo AMA  
sufurka  
3 muus oo bisil  
1 qaaddo oo qorfe buddo ah  
3 koob oo boorashta dhaqso karto ah AMA  
boorashta la duubay  
1/2 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. Cabbir laba qaaddo oo cajiin ah oo ku kuuskuus gacmahaaga dhexdooda. Kadibna, kubbadda saar cajiinka kuuskuusan saxanka foornada dushiisa oo xoogaa fidi qaybta sare.
4. Sii fidi cajiinka haray--waa inaad awoodi karto inaad samayso qiyaastii 12 buskud.
5. Dub ilaa 12 daqiiqo. Buskudyada muuqaal ahaan kuwa karay uma ekaan doonaan, laakiin waxay karaan 12 daqiiqo kadib.
6. Ka soo bixi foornada oo u oggolow inay qaboobaan muddo dhan 10-15 daqiiqo kahor inta aadan gurin ama keydin.

## Macluumaadka Nafaqada:

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