



Jeexjeexyada laga sameeyo kabsar Caleenta ahna cuntada

Xaddiga Cuntada 2 | Waqtiga diyaarinta 10 daqiiqo | Waqtiga guud
10 daqiiqo.

Qalabka: Makiinada diirka looga fiiqo
khudaarta, Baaquli

Maacuunta: Minda ama qaadada fidsan,
Fargeeto, Koobabka iyo qaaddooyinka
cuntada lagu cabbiro

Maaddooyinka

2 abbuulka kansar caleenta ah

2 qaado oo ah farmaajada dufanka badan lahayn
AMA 2 qaado oo ah dukanka looska (sida looska
la shiiday, dufanka almoonka, ama dufanka
sunflower-ka)

2 qaado oo ah looska granola

1/4 koob oo ah khudaar, la jarjaray (sida
istarooberi, tufaaxyo, miraha carabka,
ama khudaarta pears-ka)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adoo isticmaalaya makiinada khudaarta diirka looga fiiqo, dusha ka mari kabsar caleenta si aad diirka oga fiiqdo. U kala jar dabada kabsar caleenta labo ama saddex qaybood.
3. Saar dabada kabsar caleenta ee aad jartay baaquliga. Adoo isticmaalaya qaadada loo adeegsado ismariska mari farmaajada kareenka ah ama dukanka miraha looska gudaha jeexa kabsar caleenta kasta ilaa kala qaybsamayaan.
4. Dusha oga shub looska granolada adoo dusha ka saaraya khudaar fireesh ah oo yaryar, waxyaabaha aad dusha ka saartay gudaha u riix si ay gudaha kabsar caleenta u galaan.

Macluumaadka Nafaqada:

Kalooriyada 50

Dufanka Guud 3g

Cusbada 80mg

Karbohaydaraydhka Guud 5g

Borotiinka 2g