



Buskutka iyo Khudaarta Goosaarta Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 5 daqiiqo. | Waqtiga guud
10 daqiiqo.

Qalabka:

Bacda Sinyeerka Leh ee Cuntada Lagu Qaso

Maacuunta:

Koobabka iyo Qaaddooyinka Cuntada Lagu
Cabbiro

Maaddooyinka

1 15.5 wiqiyadood oo digir cad ah oo
gasacadaysan oo aan wax cusbo lagu darin
(digirta ciidanka, Digir Beebeeshee, digirta cad
ee godan, iwm.), la qallajiyay oo la biyo raaciyay
1/8 qaaddo oo cusbo ah
1/8 qaaddo oo bakin soodha ah
2 qaaddo oo faniilaha (caadiga ah ama asalka
ah) buddada ah
1/4 koob oo laws shiidan ah AMA qowshaha
lowska ah
1/4 koob oo caano dufanku ku yar yihiin ah
1/4 koob oo malab ah
3 qaaddo oo boorashta sida dhakhsada
ah u karta
1/3 koob oo jababka shukulaatada ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq
gacmahaaga, sagxadaha, gasacadaha dushooda,
maacuunta, iyo khudaarta.
2. Ku rid maaddooyinka oo dhan marka laga reebo
jababka shukulaatada ah bacda sinyeerka leh ee
cuntada lagu qaso. Isku tuuji maaddooyinka bacda
ku jira ilaa ay ka noqoto mid le qaab saloogan
oo digirtu ka burburto.
3. Fur bacda oo ku dar jababka shukulaatada ah.
Tuuji si aad isugu qasto.
4. La gur furuutka la saafay. Ku keydi firintijeerka
goosaarta cuntada lagu daardaarto ilaa
5 maalmood.

Macluumaadka Nafaqada:

Kalooriyada 280
Dufanka Guud 9g
Cusbada 90mg
Karbohaydaraydhka Guud 32g
Borotiinka 10g