



# Furulaatada Cambaruuda Ka Samaysan

Xaddiga Cuntada 3 | Waqtiga diyaarinta 5 daqiiqo. | Waqtiga guud 5 daqiiqo.

**Qalabka:** Shiidaha

**Maacuunta:** Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

1/2 koob oo daqiiqda (sida dhaqsada u karta ama duuduuban) boorashta

1 1/2 koob oo cambaruud barafaysan ah oo la saafay AMA cambaruud qasacadaysan oo biyo leh, la miiray lana qaboojiyay

1 koob oo ciirta faniilaha leh ah oo dufanku ku yar yahay

1/2 koob oo caano dufanku ku yar yihiin ah

1/4 qaaddo shaah oo qorfe shiidan ah

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha dushooda iyo furuutka.
2. Ku rid boorashta gudaha shiidaha. Isku qas ilaa inta ay buddo fiican ka noqonayso.
3. Ku dar cambaruud, ciirta faniilaha leh, caano, iyo qorfe. Isku shiid ilaa ay saloog ka wada noqdaan. Haddii furulaatada aysan si fiican isugu shiidmin, isticmaal qaybta xawliga ah marba wax yar kadib garaaca gaaban si aad isugu shiido. Gur isla markiiba.

## Macluumaadka Nafaqada:

Kalooriyada 230

Dufanka Guud 1.5g

Cusbada 120mg

Karbohaydaraydhka Guud 48g

Borotiinka 7g