



# Digaagta iyo Khudaarta La Isku Walaaqo oo La Isku Shiilo Khudaar

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 40-55 daqiiqo.

## Qalabka:

digsiga maraqa ee 2-quart (kuwaat) qaada  
Baaquliga cuntada lagu qaso oo yar  
Looxa cuntada lagu jarjaro  
Birtaabo ama daawe weyn

## Maacuunta:

Mindi  
Xurbin ama fargeeto  
Qaaddo yar ama fandhaal

## Maaddooyinka

3 koob oo bariis bunni ah, la kariyay  
3 qaaddo oo suugada soybeeska oo dufanku ku yar yahay  
1/4 koob biyo ah  
1 qaaddo oo malab ah  
1 qaaddo oo warangada galleyda ah AMA  
3 qaaddo oo bur ah  
1 1/2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah  
2 xabo oo toon qoyan ah, la kalaawiyay AMA  
2 qaaddo oo toonta buddada ah  
16 wiiqiyadood oo shaf digaag ah oo laf iyo harag toona lahayn, u kala jarjar saddex-jibbaaraneyaal 1-inji ah  
1 basal, la jarjaray  
3 koob oo khudaarta isku dhafka ah ee la shiilo lana walaaqo (sida garruunjaha, karootada, barbarooniga, tufaaxa, digirta cagaaran, sabuulka ama habuuqa yaryar)

## Macluumaadka Nafaqada:

Kalooriyada 430  
Dufanka Guud 10g  
Cusbada 510mg  
Karbohaydaraydhka Guud 51g  
Borotiinka 33g

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta.
2. Isticmaal xurbin ama fargeeto si aad isugu walaaqdo maraqa soybeeska, biyaha, malabka, iyo warangada galleyda adigoo adeegsanaya baaquli yar.
3. Adigoo adeegsanaya birtaabada cunto shiilida ama birtaabo, ku kululee saliida kul dhexdhexaad ah ilaa saliidu ay ka qallacdo ama qallacleyso.
4. Ku dar toonta kidfan oo dallac ilaa 1 daqiiqo ama ilaa ay ka karaan.
5. Hilib digaaga ku dar birtaabada. Kari 7-10 daqiiqo, adigoo inta badan walaaqaya, ilaa inta si fiican uga karto. U riix hilib digaaga karay geeska birtaabada si uu kulayl u sii ahaado.
6. Ku dar basasha bartamaha birtaabada. Kari ilaa 5 daqiiqo, adigoo marmar walaaqaya ilaa xoogaa ay ka jilicdo oo ka caddahay inay kartay. Isku qas basasha iyo hilib digaaga la kariyay oo u riix geeska birtaabada.
7. Ku dar khudaarta barafaysan oo dallac, adigoo marmar walaaqaya, muddo 2-3 daqiiqo ah. Dabool oo sii wad inaad kariso ilaa khudaarta ka jilicdo oo ay ka wada karto, muddo dhan 2-4 daqiiqo oo kale. Isku qas khudaarta iyo basasha iyo digaaga oo u riix geeska birtaabada.
8. Ku shub dhafdhafka soybeeska bartamaha birtaabada. Kari muddo dhan 2 daqiiqo, adigoo marmar walaaqaya ilaa maraqa xoogaa ka adkaanayo.
9. Isku kawtan dhafdhafka hilib digaaga iyo khudaarta leh iyo goosaarta oo gur isla mariiba adigoo dusha ka saaraya bariis bunni ah.