



# Saladhka Soo Go'o Xilli Sannadeedka

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 10 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Baaquli weyn

## Maacuunta:

Mindi  
Koobabka iyo qaaddooyinka cuntada lagu cabbiro  
Xurbin ama fargeeto  
Qabatada ama fargeetada loogu talagalay kawtanka saladhka

## Maaddooyinka

*Loogu talagalay goosaar ahaan*

1/3 koob oo khal ah (khalka cad, khalka tufaaxa, khalka madow, ama khalka khamriga cas ka samaysan)  
1 qaaddo oo khalka Dijon ah  
1/2 qaaddo oo cusbo ah  
1 qaaddo oo sonkor AMA malab ah  
1/2 qaaddo saliid saytuun ah AMA saliida cuntada ah

*Loogu Talagalay Saladhka*

1 rodol oo saladhka cagaaran ah (isbinaaj, salad-a kale ama nooc kasta oo ansalaato ah), la hurgufay si loo qallajiyo oo la jarjaray  
2 koob oo furuut ah, la jarjary oo laga dhigay gabalo la cuni karo (farawla, baare, bambeelmo, iwm.)

1/2 koob oo laws ah oo aan cusbo lahayn (jows Ameerikaan, lawska godan, lawska caadiga ah), la kala dhambalay AMA 1/2 koob iniinta gabbaldayaha aan oo milix lahayn

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adigoo isticmaalaya baaquli weyn, isku dar maaddooyinka goosaarta ah oo ku walaq fargeeto ama xurbi ilaa si fiican iskugu qasmaan.
3. Ku rid saladhka cagaaran, furuutka, iyo lowsaska gudaha baaquli. Si tartiib ah iskula kawtan.

### Macluumaadka Nafaqada:

Kalooriyada 400 Dufanka Guud 38g Cusbada 710mg Karbohaydaraydhka  
Guud 15g Borotiinka 5g