



Doolshada Boorashta iyo Tufaaxa Leh ee Guran

Xaddiga Cuntada 7 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga guud 30 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Furka doolshada
Baaquli weyn
Istakiin ama findhicil

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Qaaddada Cuntada Lagu Walaaqo

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
1/2 koob oo caano dufanku ku yar yihiin ah
1/3 koob oo goosaarta tufaaxa ah oo aan la macaanayn AMA 1 ukun
1/2 koob oo bur cad ahh AMA bur badar ka samaysan
1/2 koob oo boorashta sida dhakhsada ah u karta
1/4 koob oo sonkor ah
1/2 qaaddo oo leebito ah
1 qaaddo oo qorfe buddo ah
1 tufaax, la diiray oo la jarjaray/googooyay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, furuutka, iyo maacuunta.
2. Sii kululee foornada ilaa 400 darajo xaraareed.
3. Ku buufi 7 koob oo furka doolshada ah saliid cadeey ah ee birta lagu buufiyo.
4. Adigoo adeegsanaya baaquli weyn isku walaaq caanaha iyo goosaarta tufaaxa ama ukunta.
5. Ku dar burka, boorashka, sonkorta, leebitada, iyo qorfaha. Isku walaaq ilaa inta ay isku qasmayaan.
6. Si tartiib ah ugu walaaq tufaaxa la jarjaray.
7. Si siman qaado ugu dhur cajiinka 7-da koob doosheed.
8. Dub ilaa 15-20 daqiiqo ama ilaa istakiinka aad gelisay dhexda doolshada uu ka soo baxo isagoo nadiif ah.

Macluumaadka Nafaqada:

Kalooriyada 110
Dufanka Guud 0.5g
Cusbada 135mg
Karbohaydaraydhka Guud 24g
Borotiinka 2g