



Furulaatada Ka Samaysan Cananaaska Kulaalaha

Xaddiga Cuntada 2 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 10 daqiiqo.

Qalabka:

Shiidaha

Koobabka ama Qaaddooyinka Cuntada Lagu Cabbiro

Gasac Fure

Maacuunta:

IMA KHUSEEYO

Maaddooyinka

1 20 wiiqiyadood oo cannanaas la burburiyay ah oo gasacadaysan oo casiir ku dhex jira

½ koob oo biyaha qumbaha ku yar yahay oo gasacadaysan

1 koob oo baraf ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda.
2. Fur cannanaaska qasacadaysan, oo ha qallajin/miirin. Ha ka daadin biyaha.
3. Ku rid cannanaaska leh casiirka, biyaha qumbaha, iyo baraf gudaha shiidaha.
4. Shiid maaddooyinka ilaa ay ka jilcaan.

Macluumaadka Nafaqada:

Kalooriyada 130 Dufanka Guud 1g Cusbada 10mg Karbohaydaraydhka
Guud 31g Borotiinka 1g