



Rooti leh Afakaadho La burburiyay

Xaddiga Cuntada 2 | Waqtiga diyaarinta 3 daqiiqo. | Waqtiga guud 5 daqiiqo.

Qalabka: Baaquli yar, saxanka cuntada lagu dubo

Qalabka: fargeeto, koobabka iyo qaadooyinka cabbirka

Maaddooyinka

- 1 Afakaadho
- 1 tamaandhada/yaanyada Roma, la googooyay
- 1/8 qaaddo oo cusbo ah
- 1/8 qaaddo oo filfil ah
- 2 gabal oo rooti badar ka samaysan ah
- 2 gabal oo farmaajo Ingiriisi ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adoo isticmaalaya baaquli yar ku rid afakaadho, yaanyo la jarjaray, cusbo, iyo filfil. Isku burburi adoo isticmaalaya fargeeto.
3. Daar foornada. Geli rootiga saxanka foornada. Ku dub rootiga gudaha saxanka foornada ilaa rootiga si fiican u dubmaayo. Si fiican ula soco, maadaama rootigu isla markiiba dumi karo.
4. Ku dar farmaako rootiga oo foornada ku celi ilaa rootigu si buuxda u mislaanaayo farmaajaduna milmeysa.
5. Adoo isticmaalaya fargeeto, si siman ugu fidi afakaadhada korka rootiga aad dubeyso iyo farmaajada.

Macluumaadka Nafaqada:

Kalooriyada 290
Dufanka Guud 19g
Cusbada 460mg
Karbohaydaraydhka Guud 23g
Borotiinka 11g