



Furuutka Macmacaanka iyo Lawska Isku Dhafan

Xaddiga Cuntada 16 | Waqtiga diyaarinta 20 daqiiqo. | Waqtiga guud
4 saac, 20 daqiiqo.

Qalabka:

Saxanka foornada ee 9x9-inji ah ee labajibaaran
Xaanshida cunto dubista ama xaanshida saloolka
Baaquliga cuntada lagu qaso oo dhexdhexaad ah
Baaquli yar oo ku habboon cunto-diiriyaha

Maacuunta:

Qaaddada cuntada lagu walaaqo
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

1/2 koob oo rooti qalbacle ah, la jarjaray
3/4 koob oo furuut la qalajiyay ah (murcod
macaankiisu la dhimay, sabiibka, iwm.),
la googooyay
3/4 koob oo boorashta sida dhakhsada
ah u karta
3/4 koob oo bariis badar ah oo qallafsan
2 qaaddo oo qumbe la jarjaray oo aan la
macaanayn ah (ikhtiyaari)
1/2 koob oo laws shiidan ah AMA qowshaha
lowska ah
1/4 koob oo malab ah AMA miid ah
1 qaaddo oo saliid saytuun ah AMA saliid
cadeey ah
1/2 qaaddo oo faniilaha (caadiga ah ama
asalka ah) buddada ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo maacuunta.
2. Saar saxanka foornada ee 9x9-injiga ah ee laba jibbaaran xaanshida cunto dubista ama xaanshida saloolka.
3. Ku rid lawska, furuutka la qalajiyay, boorashta, bariiska shiidan, iyo qumbaha (haddii la isticmaalayo) baaquli dhexdhexaad ah oo si fiican u kawtan.
4. Ku rid lowska shiidan, malabka, iyo saliida gudaha baaquli yar iyo ku kululee cunto-diiriyaha ilaa 30 il-biriqsi ilaa lowska shiidan uu ka jilco. Walaaq ilaa aad ka saluugto. Ku dar faniilaha oo walaaq mar kale.
5. Ku dhex shub dhafdhafka lowska shiidan gudaha boorashta/qariid oo isku walaaq ilaa si fiican isugu darmaan.
6. Ku rid dhafdhafka gudaha birtaabada diyaarsan oo u garaac sida ugu adag ee aad awooddo.
7. Ku dabool bacda cuntada lagu duubo oo geli firintijeerka ugu yaraan 4 saac.
8. U kala jarjar ilaa 16 gabal.

Macluumaadka Nafaqada:

Kalooriyada 140
Dufanka Guud 7g
Cusbada 10mg
Karbohaydaraydhka Guud 16g
Borotiinka 3g