



Jeexjeexyada laga sameeyo kabsar Caleenta ahna cuntada

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

Qalabka: Makiinada diirka looga fiiqo khudaarta, Baaquli

Maacuunta: Mindi ama qaadada fidsan, Fargeeto, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

2 abbuulka kansar caleenta ah

2 qaado oo ah farmaajada dufanka baddan lahayn AMA 2 qaado oo ah dukanka looska (sida looska la shiiday, dufanka almoonka, ama dufanka sunflower-ka)

2 qaado oo ah looska granola

1/4 koob oo ah khudrad, la jarjaray (sida istarooberri, tufaaxyo, miraha carabka, ama khudaarta pears-ka)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adoo isticmaalaya makiinada khudaarta diirka looga fiiqo, dusha ka mari kabsar caleenta si aad diirka oga fiiqdo. U kala jar dabada kabsar caleenta labo ama saddex qaybood.
3. Saar dabada kabsar caleenta ee aad jartay baaquliga. Adoo isticmaalaya qaadada loo adeegsado ismariska mari farmaajada kareenka ah ama dukanka miraha looska gudaha jeexa kabsar caleenta kasta ilaa kala qaybsamayaan.
4. Dusha oga shub looska granolada adoo dusha ka saaraya khudaar fireesh ah oo yaryar, waxyaabaha aad dusha ka saartay gudaha u riix si ay gudaha kabsar caleenta u galaan.

Macluumaadka Nafaqada:

Kalooriyada 50 Dufanka Guud 3g Cusbada 80mg

Karbohaydaraydhka Guud 5g Borotiinka 2g