



# Tufaaxa iyo Sabiibka Buckeye

Xaddiga Cuntada 4 | Waqtiga diyaarinta 15 daqiiqo. |  
Waqtiga guud 15 daqiiqo.

## Qalabka:

Baaquliga Cunto-diiriyaha

Saxan Weyn

Koobabka ama Qaaddooyinka Cuntada Lagu Cabbiro

## Maacuunta:

Qaaddada Cuntada Lagu Walaaqo

## Maaddooyinka

1/4 qaaddo oo jababka shukulaatada ah

1/3 koob oo laws shiidan ah, ama qowshaha lowska ah

2 tufaax, la saafay

1/3 koob oo rooti qababacle ah oo la jarjaray

½ koob lows la jarjaray ah

¼ koob oo miro la qalajiyay ah sida sabiib dahabi ah, murcodka la qalajiyey oo macaankiisu la yareeyay

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku rid jababka shukulaatada madow ah iyo lawska la shiiday ama shiidan baaquli yar oo ku habboon cunto-diiriyaha. Ku kululee cunto-diiriyaha 10 ilbiriqsi, ka saar, oo si tartiib ah u walaaq. Ku celi cunto-diiriyaha 10 ilbiriqsi markiiba ilaa lawska la shiiday ama shiidan iyo

jababka shukulaatada ay ka wada dhalaaleen kana noqdaan milan qubmayo.

3. Ku diyaari jeexyo tufaax ah xaanshi dul saaran saxanka weyn ee cuntada.
4. Adigoo adeegsanayso qaaddo, ku shuuxi qaaddo ay ku jiraan kala-bar dhafdhafka shukulaato madow iyo subagga lawska gudaha tufaaxyada, kadibna rushee rooti qababacclaha, lawska, iyo furuutka la qalajiyay.
5. Ku shuuxi shukulaatada madow ee soo hadhay iyo dhafdhafka lawska shiidan.

### **Macluumaadka Nafaqada:**

Kalooriyada 420                      Dufanka Guud 24g                      Cusbada 200mg  
Karbohaydaraydhka Guud 45g                      Borotiinka 12g