



Samayso Mid Kuu Gaar ah Baaquli Baacug/Jiiska Dhannaan ah

Xaddiga cuntada 1 | Waqtiga diyaarinta 5 daqiiqo. | Waqtiga guud 5 daqiiqo.

Qalabka: Baaquli, Weel hawadu geli karin

Maacuunta: Fargeeto ama qaaddo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Baaquli Cunto Macaan ah

1 ukun oo isqabta oo biyo lagu kariyay
1/2 koob farmaajo la firay ah oo dufanku ku yar tahay oo 2% ah
6 xabo yaanyo yaryar ah, la saafay
1/4 qajaar ah, la saafay
1 far-iyo-suul oo filfil ah

Beeriga Buluuga ah iyo Yicibta

1/2 koob farmaajo la firay ah oo dufanku ku yar tahay oo 2% ah
1/8 qaaddo shaah oo faniilaha (dhabta ama asalka ah) buddada ah (ikhtiyaari)
1/4 koob cinabka (daray ah ama la barafeeyay) buluugga ah
2 qaaddo oo yicib la saafay ah iyo yicib aan la cusbayn
1 qaaddo shaah oo malab ah

Kulaalaha

1/2 koob farmaajo la firay ah oo dufanku 2% yahay oo uu ku yar yahay
1/2 koob oo waslado cannanaas ah oo gasacadaysan oo casiir ku dhex jira, laga miiray
1 qaaddo oo qumbe aan la macaanayn ah oo la saafay (ikhtiyaari)
1/4 muus ah, la saafay

Shukulaato Leh Lows

1/2 koob oo baacug/jiiska dhannaan ah oo dufanku ku yar yahay oo dhan 2%
1 qaaddo shaah oo buddada kakaawga ah
1 qaaddo shaah sonkor aan la sifayn ah
1/8 qaaddo shaah oo faniilaha (dhabta ama asalka ah) buddada ah
1 qaaddo oo lows la shiiday ah
1/4 koob oo garanoola ah

Tilmaamaha

1. Ka hor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, iyo miraha.
2. Ku rid jiiska furfuran gudaha baaquli yar oo ku xiji maaddooyinka kale haray.
3. Ku qabooji baaquliga weel hawadu geli karin ilaa afar maalmood. Haddii aad isticmaalayso garanoola, ha sii diyaarin garanoolaha waqti hore, sababtoo ah garanoolaha wuu qoyi doonaa. Haddii aad gurto garanoolaha, isla markiiba cun.

Macluumaadka Nafaqada: (Baaquli Cunto Macaan ah)

Kalooriyada 190
Dufanka Guud 8g
Cusbada 410mg
Karbohaydaraydhka Guud 10g
Borotiinka 19g