



## Keega Digirta Madow Leh

Xaddiga Cuntada 8 | Waqtiga diyaarinta 15 daqiiqo. |  
Waqtiga guud 35-40 daqiiqo. lagu daray waqtiga qaboojinta

### Qalabka:

Gasac fure

2- quart baaquliga cuntada lagu qaso

Baradho-ridqe ama fargeeto

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Saxanka dubista ama birtaabada 8x8 inji ah.

### Maacuunta:

Qaaddada cuntada lagu walaaqo

Istakiin si loogu tijaabiyo

## Maaddooyinka

Saliida buufinta cunta karinta ama saliid

1 16 wiiyadood oo gasacada digir madowda, la dhaqay oo la miiray (qiyaastii 2 koob oo la kariyey)

1/4 qaaddo oo saliid ah, saliid cadeey ama kanoola

3 ukun oo waaweyn

2/3 koob oo sonkorta qasabka oo baakadaysan

1/2 koob kookaha la dubaayo

1 qaaddo oo xalka faniilada ah

1/2 qaaddo leetito ah

1/4 qaaddo oo cusbo ah

1/2 koob oo jababka shukulaatada ah oo u macaan si dhexdhexaad ah(Ikhtiyaari)

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo maacuunta.
2. Sii kululee foornada ilaa 350 darajo xaraareed.
3. Diyaari digsi cabirkiisu yahay 8x8 inji ama saxan dubista: ku buufi saliida birta cunta lagu buufiyo ama saliid ku masax.
4. Isticmaal baradho-ridqe ama fargeeto si aad gebi ahaanba u burburiso digirta.
5. Saliid ku dar digirta. Walaq si aad si buuxda isugu walaaqdo si aad u hubiso in dhammaan digirta si buuxda loo burburiyo.
6. Ku dar ukumaha oo si fiican isugu walaaq.
7. Ku dar sonkorta bunniga ah iyo kookaha oo si fiican isugu walaaq.
8. Ku dar biyaha faniilaha, leebitada, iyo cusbada.
9. Ku shub saxanka dubista ee diyaarsan. Ku rushee jababka shukulaatada ah (ikhtiyaari).
10. Ku dub 350 darajo xaraareed muddo dhan 20-25 daqiiqo ama marka istakiinka la geliyo bartamaha uu ka soo baxo isagoo nadiif ah.
11. Ku qabooji raarta siliga ah. U kala jarjar ilaa 16 gabal.

## Macluumaadka Nafaqada:

Kalooriyada 230                      Dufanka Guud 10g                      Cusbada 300mg  
Karbohaydaraydhka Guud 33g                      Borotiinka 7g