



# Keega Digirta Madow Leh

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

## Qalabka:

Gasac fure

Baaquliga lagu qaso cuntada oo weyn

Baradho-ridqe ama fargeeto

saxanka dubista oo 8x8-inji ah

## Maacuunta:

Qaaddada cuntada lagu walaayo

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Istakiin si loogu tijaabiyo

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo

1 15 wiiqiyadood oo digir madow ah oo aan cusbo lagu darin oo gasacadaysan, la miiray oo la biyo raaciyay

1/4 qaaddo oo saliid cadeey ah AMA saliida kanola

3 ukun oo waaweyn

2/3 koob oo sonkorta qasabka oo baakadaysan

1/2 qaaddo buddada bunka ah

1 qaaddo oo biyaha faniilaha ah (caadiga ah ama asalka 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, maacuunta, gasacadaha korkooda.
2. Sii kululee foornada ilaa 350 darajo xaraareed.
3. Ku buufi birtaabada ama saxanka dubista ee 8x8 injiga ah saliid cadeey ah ee birta lagu buufiyo.
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 milixda.
9. Ku shub saxanka dubista ee diyaarsan. Ku rushee jababka shukulaatada ah (haddii la isticmaalayo).
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

Cunto karis ah oo laga soo minguuriyay La Wadaag Waxkarinta Awoodeena