



Bocor-lowska iyo Digirta Madow ee Daawaha Lagu Kariyo Birtaabada Digirta

Xaddiga Cuntada 6 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga guud 40 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Khudaar-diire ama mindi af leh
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Gasac fure
Shaqshaq/Miire
Birtaabo ama daawe weyn

Maacuunta:

Mindi
Qaaddo yar ama fandhaal

Maaddooyinka

2 3/4 koob oo bocor-lows daray ah, gabal-gabal loo jarjaray (qiyaastii 1 rodol) AMA 15 wiiqiyadood oo bocor-lows la barafeeyay ah
1 basal oo yar, si siman loo jarjaray
1 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
1 xabo oo toon qoyan ah, la kalaawiyay AMA 1 qaaddo oo toonta buddada ah
1/4 koob oo khalka khamriga cas ah
1/4 koob biyo ah
1 15 wiiqiyadood oo digir madow ah oo aan cusbo lagu darin oo gasacadaysan, la miiray oo la biyo raaciyay
(ikhtiyaari) 2 koob oo khudaarta cagaaran ah (isbinaaj, kabaashka caleenta ah, iwm.), la googooyay
1/2 qaaddo oo sactar la qalajiyay ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta.
2. Dhaq oo qallaji bocorka. Ku kululee bocorka gudaha cunto-diiriyaha adigoo adeegsanaya kul sarreeya 1-2 daqiiqo si aad dubka u jilciso.
3. Si taxaddar leh u fiiq dubka bocorka adigoo isticmaalaya khudaaridiire ama mindi yar. Ka bixi iniinta. U jarjar bocorka gabalo dhan 1/2-inji.
4. Ku kululee saliida daawe weyn adigoo saaraya dab dhexdhexaad ah oo ku dar bocorka, khalka iyo biyaha oo walaq si aad u daboosho bocorka.
5. Gaabi dabka oo ka dhig kulayl dhexdhexaad oo hooseeya, dabool digsig, oo kari bocorka qiyaastii 15 daqiiqo, ama ilaa si fudud fargeeto uga geli karto.
6. Ku dar digirta, basasha, toonta, iyo sactarka oo isku kari ilaa 5 daqiiqo oo dheeraad ah.

Macluumaadka Nafaqada:

Kalooriyada 110

Dufanka Guud 1g

Cusbada 200mg

Karbohaydaraydhka Guud 21g

Borotiinka 5g