



Afakaadho Goosaar ah

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

Qalabka:

Looxa cuntada lagu jarjaro
Baaquli weyn

Maacuunta:

Mindi
Qaaddo
Fargeeto
Qaaddada cuntada lagu walaaqo
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

3 afakaadho oo bisil
1 xabo oo toon qoyan ah, la kalaawiyay AMA
1 qaaddo oo toonta buddada ah
2 qaaddo oo biyaha liinta ah (qiyaastii 1 liin)
1/4 basal yar, la googooyay
2 xabo yaanyo yaryar ah, la googooyay
3 xabo basbaaska halabeenyo oo la cusbeeyay (ikhtiyaari)
1/4 koob oo kabsar caleen daray ah, si fiican loo jarjaray
1/8 qaaddo oo cusbo ah

Macluumaadka Nafaqada:

Kalooriyada 120
Dufanka Guud 10g
Cusbada 55mg
Karbohaydaraydhka Guud 8g
Borotiinka 2g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Kala jar 1 afakaadho adigoo dul saaraya looxa cuntada lagu jarjaro oo laba qayb u kala goynaya adigoo mirta hareeraha ka maraya. U kala jeedi gabalada afakaadhada ah jihooyin kala duwan si aad u kala soocdid. Ka saar mirta adigoo adeegsanayo qaaddo oo gur afakaadhada adigoo qubka ka reebaya oo ku ridaya baaquli weyn. Sidoo kale samee afakaadhooyinka haray.
3. Ku dar toonta afakaadhada oo ku burburi fargeeto ama dhabarka dambe qaaddada cuntada lagu walaaqo.
4. Ku dar biyaha liinta oo si fiican isugu walaaq.
5. Ku dar milix si aad dhadhan ugu yeesho.
6. Ku dar basasha, yaanyada, basbaaska halabeenyo, iyo kabsar caleenta dhafdhafka afakaadhada. Si fiican u walaaq.
7. Ku qabooji firintijeerka 15-30 daqiiqo oo la gur jibsiga sabaayada tortilla ka samaysan ee la dubay iyo/ama khudaarta.