

Waqtiga Diyaarinta: 10 daqiiqo

Wadarta Waqtiga: Habeen, ama ugu yaraan 4 saacadood

Waxaa ku jira Sanduuqa:

- ½ c. boorashka, aan la karin
- 1 T Caanaha lawska
- 1 c. 1% caano

Noocyada uu ka koobanyahay oo

Dheeraadka ah ee Loo Baahan Yahay:

- 1 tufaax yar, ugu dambay la jar jaray
- 1 qaaddo-shaah miirka fanilaha
- 1 qaadada shaah oo qorfe ah

Tilmaamaha:

1. Ku dar subagga lawska, 1% caano, qorfe iyo soosaarka vanilj ee baaquli ammaan ah oo microwave ah. Microwave lagu daboolay 15-30 ilbidhiqsi si loo jilciyo subagga lawska. Isku walaac si fiican iskugu qas.
2. Ku dar tufaax la jarjaray iyo miro qallalan isku dar subagga lawska. Isku qas si aad si fiican isugu darto.
3. Ku rid isku darka weel yar oo wax lagu dubo oo hoos u salaax si aad u simanto oo u simto.
4. Ku rid qabooyiyaha si aad u fadhiisato habeen (ama ugu yaraan 4 saacadood). Iska yaree 12 xitaa gogo.

Talo: Ku darso yogurt aan dhadhan lahayn, oo dufanku ku yar yahay si aad u hesho borotiin iyo dhadhan dheeraad ah!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 12
Cabbirka Adeegga: 1 bar
Khudaarta cagaaran: 162
Dufan: 8.5 g
Soodhiyam: 69 mg
Kaarboonhaydarayt: 18 g
Cuntada Galka leh: 3 g
Borotiin: 6 g
Adeegyada Kaarboohaydrayt: 1

**Xaqiiqooyinka nafaqada leh waxaa ka mid ah boorashka degdeg ah oo engegan, tufaax yar (2 ¼"), vanilla extract, iyo xawaaska (cinnamon.)*