

Waqtiga Diyaarinta*: 15 daqiiqo

*Looma baahna waqtiga karinta

Waxaa ku jira Sanduuqa:

- ½ c. shaab midho la shiiday, la shubay

Noocyada uu ka koobanyahay oo Dheeraadka ah ee Loo Baahan Yahay:

- ½ c. yogurt dufan yar oo cad
- ½ c. sarreenka oo dhan ama midha badarka oo dhan

Tilmaamaha:

1. Qaadada 2 T. oo ah furuudka mushakalka oo lagu shubo gunta koobka. Ku dar 2 T. yogurt ah kadibna 2 T. midhaha qamadinka oo dhan
2. Lakabyada beddelka ah ilaa dhammaan noocyaday ka koobantahay la isticmaalo

Talo:

U adeegso Greek yogurt si aad u hesho borotiin dheeraad ah oo dusha sare ku leh furuut cusub ama lowska aan milix lahayn dhadhan dheeraad ah!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 1

Adeegga Cabbirka:

1 (1 ½ c.) furuutka isku jirka ah

Khudaarta cagaaran: 178

Dufan: 1.7 g

Soodhiyam: 152 mg

Kaarboonhaydarayt: 34 g

Cuntada Galka leh: 2 g

Borotiin: 6.4 g

Adeegyada Kaarboonhaydarayt: 2

**Xaqiiqooyinka nafaqada leh waxaa ka mid ah isbiirsaday miro qasacadaysan oo casir ku jira, yogurt dufankiisu hooseeyo, iyo midhaha badarka oo dhan.*