

KOOBABKA MIRAHA BARAFAYSAN

Waqtiga Diyaarinta: 10 daqiiqo

Waqtiga karinta: 1 saac

Waxaa ku jira Sanduuqa:

- 1 (15 oz) qasaacad furuut mushakal ah, oo lagu xidhay casiir ahaan
- 1 (15 oz) qasaacad oraanj mandariinrw, oo lagu xidhay casiir ahaan, la miiray

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

- 2 moos dhexdhexaad ah, oo la jarjaray

Tilmaamaha:

1. Isku darka furuutka mushakalka ah (leh casiir), liinta mandarin iyo mooska.
2. Isku qas miro qaaddada ku jira qasacadaha muffin ama maddiibadaha yaryar, dabool oo qabooji 1 saac kahor intaadan u adeegin.

Talo:

Ku walaaq weelkan quraac aad u fiican oo ah ukun la ruxruxay iyo caano dufanka leh ama ku lammaan yicib si aad u hesho cunto fudud.



Xaqqiiqooyinka Nafaqada*

Wadarta Adeegyada: 6

Cabbirka Adeegga: 1 koo furuut ah ($\frac{1}{2}$ c.)

Kaaloriga: 120

Dufan: 0 g

Soodhiyam: 9 mg

Kaarboonhaydarayt: 30 g

Cuntada Galka leh: 2 g

Borotiin: 1 g

Adeegyada Kaarboohaydrayt: 2

**Xaqqiiqooyinka nafaqada leh waxaa ka mid ah furuut mushakal ah oo qasacadaysan oo casiir ku jira, liin mandarin qasacadaysan sharoobada fudud iyo 2 moos dhexdhexaad ah.*