

Waqtiga Diyaarinta: 7 daqiiqo

**Looma baahna waqti karinta*

Waxaa ku jira Sanduuqa:

- ½ c. fersken gasacadeysan, miiray
- 1 c. 1% caano
- ¼ c. boorashka, aan la karin

Noocyada uu ka koobanyahay oo Dheeraadka ah ee

Loo Baahan Yahay:

- 1 muus dhexdhexdaada
- Jajabka barafka
- ½ qaaddo-shaah miirka fanilaha
- ½ qaadada shaah oo qorfe ah

Tilmaamaha:

1. Ku dar jajabka barafka qasaha, isku-laaq ilaa barafku ridqamayo (ka bood tallabaddn haddii barafku ridqan yahay).
2. Ku dar dhammaan walxaha qasaha, isku qas ilaa ay jilcayaan.

Talo: Kala badh 1% caano -yogurt dhadhan dheeraad ah!



Xaqqiyooyinka Nafaqada*

Wadarta Adeegyada: 1

Adeegga Cabbirka: 12 oz

Kaloori: 359

Dufan: 4 g

Soodhiyam: 114 mg

Kaarboonhaydayrayt: 65 g

Cuntada galka leh: 6 g

Borotiin: 12.5 g

Adeegyada Kaarboohaydrayt: 4 ½

**Xaqqiyooyinka nafaqada leh waxaa ka mid ah fersken gasacadeysan sharoobada khafiifka ah (la miiray), miro degdeg ah oo engegan, 1% caano, moos dhexdhexaad ah, soosaarka fanila, iyo qorfe.*