



Maraq adag ee Khudaarta Ka sameysan

Waxyaabaha ay ka kooban yihiin:

- 2 koob oo yoogurtka ah, dufan yar leh (ama caano fadhiya oo yar ama jiiska cottage ah)
- $\frac{1}{4}$ qaado oo ah filfil
- $\frac{1}{2}$ qaado oo budo toon ah
- 2 qaado oo ah basal la qalajiyey, la jarjaray ama $\frac{1}{4}$ koob basasha la jarjaray ah oo cusub
- 1 qaado oo ah kabsar caleen qalalan oo la jarjaran
- $\frac{1}{2}$ qaado oo milix ah (waa la iska dhaafi karaa)
- $\frac{1}{2}$ qaado ah caleenta dill-ka (waa la iska dhaafi karaa)

Tilmaamaha:

1. Adoo isticmaalaya baaquli dhexdhexaad ah, isku dar yoogurtka (ama jiiska cottage), basbaaska, toon buddo ah, basasha la qalajiyey, dhir qallalan, milix, iyo dill (haddii la isticmaalo). Tun ilaa inta ay ka jilcayso.
2. Geli furunjiyeerka ilaa ay diyaar ka noqonayaan in la cunno. Ku bixi khudaar fireesh ah.