



Maraq Looska iyo Baakadha Khudaarta Pita

Waxyaabaha ay ka kooban yihiin:

- 2 tufaax, pears, moos ama peaches (dooro isku darka 2 guud ahaan)
- 2 (6½ inji) rootiga pita ee sarreenka baalka leh laga sameeyo
- ¼ koob oo subag loos ah oo jilican ama xoogaa adag

**Seasonal
and Simple**

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri



Tilmaamaha:

1. Dhaq oo jarjar khudaarta.
2. Ku jarjar pitas si yaryar.
3. Jeex kasta pita ah ku kululee microweef muddo 10 sikin ah.
4. Si taxadar leh u fur baakadh kasta. 1 Qaado oo loos ah dusha ka mari gaar dhinac kasta oo kamid ah burka pita. Waxaad u baahan kartaa inaad ku luleyso looska adoo adeegsanaya microweef muddo dhowr sikin ah.
5. Ku buuxi baakadh kasta khudaar la jarjaray.
6. Bixi ayagoo heerkulka qolka leh.

