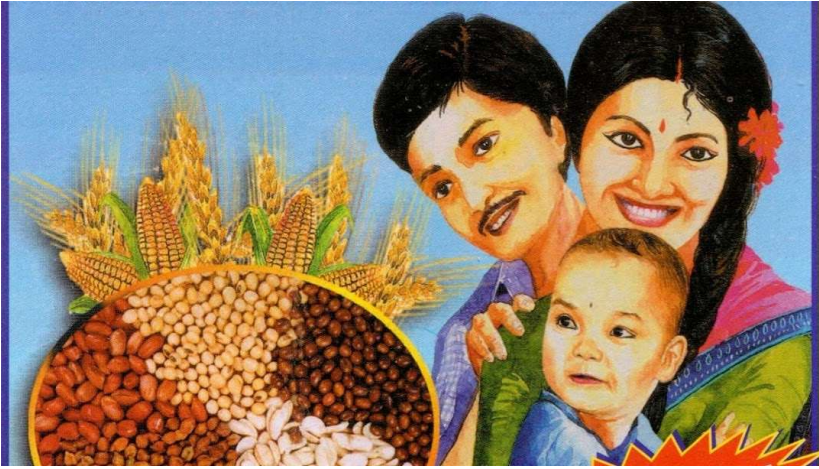


Sarbottam Pitho:



Ingredients:

- One or two parts soybean
- One part wheat
- One part maize
- Water or milk

1. Clean the ingredients.
2. Roast the ingredients.
3. Ground the ingredients.
4. Mixed the grounded ingredients up as flour.
5. Cook the flour with water or milk 2-3 min. before serving.

