



GREEN GRAMS AND SWEET POTATOES *(Omushenye)* **(Mungbohne & Süßkartoffeln)**

By Bibianne Situma



INGREDIENTS

- 1 cup of greengrams (mungbohne)
- 6 sizeable sweet potatoes (Süßkartoffeln)
- 3 litres of Water
- Salt to taste



PREPARATION

1. Boil the green grams for 40 minutes
2. When almost cooked, add peeled sweet potatoes
3. Boil until cooked.
4. Remove any excess water.
5. Pound or mash until you get a smooth paste
6. Serve with fermented milk



NUTRITIONAL BENEFITS:

Green grams: Potassium, protein, iron, magnesium, vitamin B6, calcium

Sweet potatoes: Vitamin A, B6, C, iron, protein, magnesium, carbohydrates and dietary fiber