

chakula chetu



OBUSERA OBWA AMABELE (Sorghum Porridge)



INGREDIENTS

- 4 teaspoons of sorghum flour
- 4 teacups of water
- 1/2 cup of fresh milk
- 4 teaspoons of sugar
- 4 teaspoons of lemon syrup



PREPARATION

1. Measure desired amount of water in a sufuria and boil
2. Make a paste of sorghum flour in a cup using cold water
3. Add the paste to boiling water and stir continuously until the starch mixes to prevent lumps
4. Add lemon syrup, sugar and milk then stir continuously
5. Allow to cook for 15 minutes while stirring to obtain a smooth paste
6. Remove from heat and allow to slightly cool then serve
7. Allow to cool slightly



NUTRITIONAL BENEFITS:

Sorghum:

carbohydrates, fiber, proteins, fats, calcium, iron

Milk:

Protein, carbohydrates, sugar & fat

Sugar:

carbohydrates