

chakula chetu



BOILED MASHED BANANAS (Litore) (Gekochte Bananenpüree)

By Noel Barasa



INGREDIENTS

- 10 banana fingers
- 2 cups of water
- 1 teaspoon of salt
- ½ cup sour milk



PREPARATION

1. Peel the bananas and wash
2. Boil in salty water for 10-15 minutes
3. When soft, add sour milk
4. Mash bananas until soft
5. Wrap in banana leaves
6. Serve with chicken soup, beef or matumbo (tripe)



NUTRITIONAL BENEFITS

Green Bananas: Fiber, potassium, vitamin B6, sugar

Milk/cream: Protein, carbohydrates, sugar & fat