

chakula chetu



SPIDER PLANT (Chisaka)

By Lydia Okumu



INGREDIENTS

- A handful of *chisaka* (Spider plant)
- 2 cups of water
- 1 cup of butter from fresh milk
- 3 pinches of salt



PREPARATION

1. Pluck and wash the chisaka
2. Put water in a pot to boil
3. Add vegetables to the pot to cook over moderate heat for 45 minutes
4. Add a cup of butter and mix thoroughly for 20 minutes
5. Serve



NUTRITIONAL BENEFITS:

Spider plant: Vitamin C, A, calcium, magnesium, iron and zinc

Milk: Protein, carbohydrates, sugar and fat