

# chakula chetu



## OMUSHENYE (Green Grams and Sweet Potatoes)



### INGREDIENTS

- 1 cup of greengrams
- 6 sizeable sweet potatoes
- 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