

# chakula chetu



## LITORE (Boiled Mashed Bananas)



### 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



### NUTRITIONAL BENEFITS:

#### Mushroom:

Green Bananas: Fiber, potassium, vitamin B6, sugar

#### Milk/cream:

Protein, carbohydrates, sugar & fat