

# chakula chetu



## OBUSUMA OBWA OBULE (Millet Ugali)



### INGREDIENTS

- 1/2 kg of millet flour
- Water



### PREPARATION

1. Boil 3 cups of water
2. Add millet flour bit by bit while stirring until it's even and of desired texture
3. Lower the temperature while stirring
4. When it is partially hard, serve while hot with accompaniment of your choice



### NUTRITIONAL BENEFITS:

#### Millet:

Carbohydrates, fat, fiber, proteins, iron