

chakula chetu



MILLET UGALI (Obusuma obwa Obule) (Hirse Greis)

By Vennyverah Ivayo



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