

SOMALI HEALTH EQUITY COLLECTIVE

Healthy Somali Recipes

Cuntooyinka Caafimaadka leh ee Soomaalida

Traditional recipes adapted for better health outcomes

Featured Recipes:

â€ Low-sodium Somali rice (Bariis caafimaad leh)

â€ Heart-healthy Hilib ari stew

â€ Diabetic-friendly Canjeero

â€ Nutritious vegetable sambusas

â€ Traditional tea alternatives

Each recipe includes:

â€ Nutritional information

â€ Cultural adaptations

â€ Shopping tips in Toronto