





## 8 Steps to MAKE NUTRITIOUS PORRIDGE FLOUR

## **MATERIALS**

| Soya beans     | (1kg) |
|----------------|-------|
| Rice grain     | (1kg) |
| Paper bags     | (1)   |
| Label          | (1)   |
| Weighing scale | (1)   |
| Spoon          | (1)   |
| Saucepan       | (1)   |
| Container      | (1)   |
| Charcoal stove | (1)   |
| Mingling stick | (1)   |
| Sieve          | (1)   |
|                |       |



Identify the best source of good quality grains in your area.



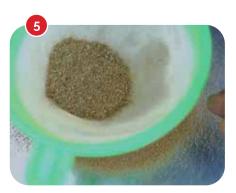
After getting the soya beans and rice grains, clean them by removing unwanted items like stones, molds, old grains, etc



Deep roast the soya beans on moderate heat for 15 minutes. They are ready when they turn light brown. Be sure to retain the skin of the beans.



Take the soya beans and rice to a nearby miller to turn the grains into flour. Be sure to measure them before taking them for milling to know the weight for each.



After milling, be sure to sieve the flour to remove any unwanted particles.



Keeping the ratio of 1 to 1, add 1kg of soya to 1kg of rice flour and mix well.



Pack your nutritious porridge flour and label it accordingly for easy identification of the product.



Your porridge is now ready to be sold!

## TIPS

- Do not wash the grains as they need to be completely dry to be used. To test this, when you break the grain it makes a cracking
- Be sure to clearly indicate the date when the flour was milled and the best before date on the label.