

# 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)

1



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

2



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

3



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.

4



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.

5



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

6



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

7



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

8



Your porridge is now ready to be sold!

## TIPS

1. 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 sound.
2. Be sure to clearly indicate the date when the flour was milled and the best before date on the label.