



FONIO



Instant Cereal Porridge



  
LACTOSE  
FREE

  
SUGAR  
FREE

  
GLUTEN  
FREE

- ▶ Whole Grain
- ▶ Rich in Vitamins
- ▶ NO preservatives



5 servings

Net Weight 250g

ADD HOT WATER AND STIR- READY WITHIN 5 MINUTES



**FONIO**  
Instant Cereal



**Fonio**- an ancient grain, harvested in Ghana since hundreds of years for it's precious ingredients: it is full of healthy fibre for gut health, vitamins for brain development and various nutrients for a strong and healthy body. Our gentle processing method brings this golden grain directly to your table along with vitamin rich fruit and vegetables. Ready for you to enjoy within 5 minutes!



#### Preparation



Add 50 grams of instant cereal to a bowl along with one glass of hot water.



Stir thoroughly until the cereal is smooth and ready to be served.



Enjoy your healthy meal full of beneficial nutrients and vitamins!

#### Ingredients:

whole grain Fonio, banana, carrot, pawpaw, pineapple, sweet potato

#### Nutrition Facts

per serving (50g)

Carbohydrate	0,65mg
Fat	0,65mg
Vitamin A	0,65mg
Vitamin C	32,84mg
Phosphorus	143,62mg

Reseal bag after opening.  
Store in a cool and dry place.



Manufactured in Ghana by **AGROMYX**  
Amrahia, Greater Accra Region  
[www.agromyx.com](http://www.agromyx.com)