



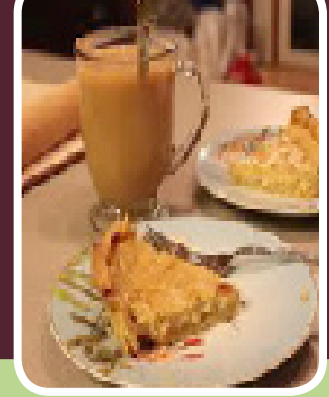
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HOW TO MAKE SORGHUM BEVERAGE



Yes it is sorghum!!!
Enjoy your sorghum beverage



Introduction

Sorghum is an important food crop in many parts of Kenya, providing livelihoods to more than 3 million people. It is rich in calories, has vitamin B and essential amino-acids.

Ingredients

- Roasted ground sorghum flour
- Water
- Milk (if desired)
- Sugar to taste
- Sieve

Method

1. Sort and clean the sorghum grain.
2. Roast until golden brown (without burning).
3. Grind size No. 4 using coffee grinder or traditional grinding stone.
4. Boil water, add 3 tablespoons of roasted ground flour.
5. Let it boil until golden brown.
6. Add milk and let it boil.
7. Sieve and keep the residues.
8. Serve the beverage hot



The hot beverage is so tasty and does not contain caffeine or nicotine, hence recommended for patient with diabetes, high blood pressure etc. The process of making this drink is hygienic. After sieving the beverage, do not throw away the residues; instead use as a healthy breakfast cereal, as it aids digestion.

