Natural and Healthy African Food Ingredients

VEGETABLES

- Young pumpkin leaves
- Red pepper
- African eggplant
- Green pepper
- Okra

PROTEINS

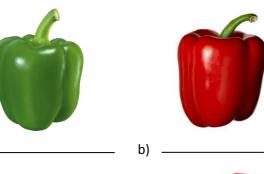
- Beef
- Fish
- Chicken
- Red kidney beans
- Green peas

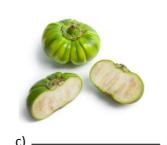
CARBOHYDRATES

- Sweet potatoes
- Kilombero rice
- Cassava
- Maize or corn
- White maize flour

FRUIT

- Baobab fruit
- Pineapple
- Mangoes
- Bananas
- Tamarind fruit























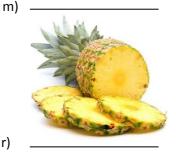
















Other: