



NUTRITION TIPS

Traditional Breakfast foods for Children -

Akara Fritters or Ball

Beans are a part of our staple diet in this part of Africa. They are used as part of various recipes like akara fritters or balls which are commonly prepared at home and serve as highly nutritious breakfast snacks for children. It is easy to prepare. Soak beans in water for a few minutes, wash to remove the skin, blend to a thick paste, add enough pepper, salt and onions and mix. Use spoon to scoop into a hot pan of palm oil or vegetable oil to fry until brown.



Pap

Pap can be made from maize, soya bean or any other cereal and serve as nourishing breakfast. However, people use mainly maize. To prepare, soak maize in water for 2-3 days, wet mill, then sieve to remove chaff. Cover to settle. Scoop a little paste, mix in cold water and gradually pour boiling water and mix vigorously with a spoon. Add a tin of nourishing Peak milk for adequate balance of nutrients and very little sugar for taste. The result is a nourishing breakfast for your kids in less than ten minutes!

Yam

Yams are the oldest tropical food plants that are widely consumed in many different tribes in Africa. It has different varieties that are available all through the year.

Yams are a good source of Vitamin B and Pottassium Manganese and rich in fiber etc. To prepare, peel yam, wash and cut into slices and place in boiling salt water to cook. Serve with a warm glass of nourishing Peak Milk.



Egg plant

Egg Plants belong to the night shade family of vegetable and contains a host of vitamins and minerals as well as phyto-nutrients which have anti-oxidant powder.

To prepare, wash egg plants, cook in hot water, peel to remove the skin, then scoop out the flesh and add to already prepared sauce. Allow to simmer for a few minutes and serve with yam or plantain and a warm nourishing Peak Milk to complement.



* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
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