## Arrow Root Balls

**Ingredients**
- 1 cup arrowroot flour
- 1 cup water
- 1 tsp. salt
- 2 tbsp extra virgin oil
- 1 tsp. coriander leaves

**Method**
1. Mix arrowroot flour and water in a bowl until smooth.
2. Add extra virgin oil and coriander leaves.
3. Knead the dough until elastic and well done, then cover and let it rest for 30 minutes.
4. Roll the dough into balls of your desired size.
5. Deep fry the balls in hot oil until golden brown.

**TIP:** Other indigenous vegetables such as spider plant (salga), doctor and doctors, and also features on Hope Fm on Wellness Wednesday.

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## Yam Mix

**Ingredients**
- 1 cup cooked amaranth leaves
- 1 cup fresh milk
- 1 tsp. coriander leaves
- 1 tsp. coriander seeds
- 1 tsp. red pepper flakes
- 1 tbsp. extra virgin oil
- Salt to taste

**Method**
1. Mix amaranth leaves with milk in a saucepan over low heat.
2. Add coriander leaves, coriander seeds, red pepper flakes, and extra virgin oil.
3. Stir until it starts to thicken.
4. Let it cook for about 8 minutes then add coriander leaves and stir evenly.
5. Chop the onions, capsicum and celery and mix with the mixture.
6. If you desire a soft and silk feel, less fibrous, run the mixture through a big sieve / strainer.
7. You can season to taste if you desire by adding more salt.
8. Serve with a stew or beverage of your choice.

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## Eat Healthy For Life!

1. Eat plenty of organic fruits (fresh) and organic vegetables on a daily basis as prescribed by doctors and doctors, and also features on Hope Fm on Wellness Wednesday.
2. Eat healthy dining mealsaweet.
3. Add chopped tomatoes and stir for about two minutes then.
4. Mash arrowroots when hot till soft; add the cubed onions,
5. Carrot, then leaf and chop the dhania
6. Dice tomatoes and cook for about 2 minutes
7. Squeeze lemon juice on the sweet potatoes; add salt and a
8. Tablespoon extra virgin oil
9. You can garnish with mint leaves or parsley
10. If you desire a soft and silk feel, less fibrous, run the mix
11. You can season to taste if you desire by adding more salt
12. Cut down on processed and 'junk' food intake.
13. Reduce salt, sugar and fat intake, and instead substitute with natural
14. Other indigenous vegetables such as spider plant (salga), doctor and doctors, and also features on Hope Fm on Wellness Wednesday.
15. Fruit Cocktail Salad
16. Moringa And Wimbi Porridge
17. Cassava-Black Bean
18. Matoke (Plaintains) In Pumpkin leaves
19. Eat Healthy
20. Yam Mix
21. Capsicum –Pilipili Hoho
22. Amaranth – Terere
23. Mrenda (Jute) & Mitoo

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**About the Author**

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**Membership**

Membership is drawn from Non-governmental organisations, faith based organisations, community groups, non-governmental corporations, community groups, non-governmental organisations and academia.

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**About Fulani Media**

Fulani Media is a non-profit organization established by the Agriculture Community Development Centre.

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**Innovative Taste Sensations**

Innovative Taste Sensations was also an active participant in a week-long Slow Trout Grill, Le Cordon Bleu Safaris among others, he

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**Foreword**

It is often easy to forget just how delicious, nutritious and fulfilling classic recipes are, yet it is difficult to forget the therapeutic properties that have been associated with these foods from ancient times. 

Innovative Taste Sensations actively promotes interventions to improve dietary intake and health by using herbariums, spices, tubers that stems from their justified popularity in their homelands tailored to every household to match every season, occasion, cooking styles and eating through formulation of nourishing meals. 

Civil Society Organizations working with small scale farmers in Kenya have been actively promoting interventions to improve dietary intake and health by using herbariums, spices, tubers that stems from their justified popularity in their homelands tailored to every household to match every season, occasion, cooking styles and eating through formulation of nourishing meals.

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**Market Options**

Market Options is a market-based development programme for smallholder farmers in Kenya. It is designed to increase farmers’ incomes through the provision of market-oriented technical and business support services. Market Options is implemented by the Africa Network for Sustainable Agriculture (ANSA) with technical assistance from the International Fund for Agricultural Development (IFAD) and the Swedish International Development Agency (SIDA).

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**Funding**

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**Organisations**

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**Conclusion**

It is often easy to forget just how delicious, nutritious and fulfilling classic recipes are, yet it is difficult to forget the therapeutic properties that have been associated with these foods from ancient times. 

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**References**