



# mary's meals

a simple solution  
to world hunger

## Likuni Phala Recipe

1. Grind one cup of cooked soya beans and four cups of dried maize kernels into flour (or use soya and maize flour).
2. Use 1½ cups of water to ½ cup of flour mixture. Bring to the boil for about 15mins.
3. Add fruit/ milk/ groundnut flour or other nutrients/ flavours.

[www.marysmeals.org](http://www.marysmeals.org)

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