
WHEAT FUFU
SPECIALLY PROCESSED FROM
WHOLE WHEAT GRAIN
WHEAT FUFU CAN HELP YOU
MANAGE YOUR WEIGHT - MANAGE YOUR BLOOD PRESSURE - REMOVE CHOLESTEROL
DIRECTIONS
USE ONLY BOILED WATER
(WHEAT FUFU = 1 CUP WATER = 2 CUPS)
1. BRING WATER TO A BOIL IN A MEDIUM SIZE POT. REDUCE HEAT. SAVE HALF OF WATER IN A CUP.
2. POUR WHOLE WHEAT FUFU FLOUR INTO A POT ON STOVE TOP. MIX WELL UNTIL LUMP FREE.
3. SLOWLY STIR IN SOME OF THE SAVED HOT WATER.
4. COOK FOR 2 MORE MINUTES. REMOVE FROM STOVE. FORM INTO BALLS. SERVE WARM.
SATISFACTION GUARANTEED
Our commitment is to bring you good quality foods. If you are not satisfied with this product, please return the unused portion along with proof of purchase to the address below. We will promptly refund your money.
Nutrition Facts
Serving Size: 1 Cup (120g)
Servings Per Container: 18.9
Amount Per Serving
Calories 407 Calories From Fat 19
% Daily Value
Total Fat 2g 3%
Saturated Fat 0g 2%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 6mg 0%
Total Carbohydrate 87g 29%
Dietary Fiber 15g 59%
Sugars 0g
Protein 16g
• Vitamin A 0% • Vitamin C 0%
• Calcium 4% • Iron 26%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs
Ingredients: Whole Wheat Flour
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AYO
Distributed by: Dessco Int'l Co
P.O. Box 7606
Minneapolis, MN 55407
612.871.5244
NET WT: 5 lbs