



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 unopened portion along with proof of purchase to the address below. We will promptly refund your money.

Nutrition Facts

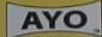
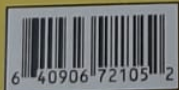
Serving Size: 1 Cup (120g)
Servings Per Container: 18.9

Amount Per Serving		Calories From Fat 110	
		% Daily Value	
Total Fat 2g		3%	
Saturated Fat 0g		2%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 87g		22%	
Dietary Fiber 15g		50%	
Sugars 0g			
Protein 16g			
Vitamin A	0%	Vitamin C	2%
Calcium	8%	Iron	200%

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Whole Wheat Flour

Distributed by: Desco Int'l Co
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NET WT: 5 lbs