

Fufu with Egusi Soup



Serving: 4 Prep: 20 minutes



Preparing Time: min



Total Duration: min

Ingredients

- ♦ Yam flour
- ♦ Water
- ♦ Ground melon seeds
- ♦ Broth

Directions

- ♦ Cook yam flour with water until thick.
- ♦ Cook melon seeds with broth.
- ♦ Serve together.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 18g, Carbs 60g, Fat 12g

Notes

Soft fufu served with warm melon seed soup.

