

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

TRADITIONAL MELKKOS

RECIPE SUGGESTION:

Great with the Macaroni Pasta, but feel free to leave it out if you prefer. Can also be used as a great filling for a milk tart.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil pasta until soft with approx. 375ml water. Add to remaining ingredients and cook with approx.

2.5 cups (675 ml)
boiling water.

STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	1028	1003
Protein (g)	7	7
Carbohydrates (g)	43	42
<i>of which total sugar (g)</i>	0.3	0.2
Total Fat	5.1	5
<i>of which total Saturated Fat</i>	0.1	0.1
Dietary Fibre (g)	207	201
Sodium (g)	0	0
Cholesterol (mg)	1	1
Potassium (mg)	26.5	26



INGREDIENTS:

Sugar, Milk, Whey Powder, Vegetable Fat, Salt, Cinnamon.
Allergens: Dairy, Gluten.

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