

# Seasoned Baobab Leaf Powder

Flora J. Chadare\* Vanessa Idohou, Mechak Gbaguidi, Valère Salako, Rodrigue C. Gbedomon



Scaling up African baobab food products valuation through enhancement of their safety and value chains for food and nutritional security in Benin

## Ingredients

- Dry baobab leaf powder
- Spices
- Traditional seasoning "Afitin"
- Dry smoked fish.

#### How to use

Put 10g of seasoned baobab leaf powder in 300mL of boiling water and mix progressively until you obtain a homogeneous sauce.

Boil for about 5min. Adjust the ingredients in function of your taste. Serve hot with cereal dough or couscous.



- Calcium: 1642.29mg/100g

- Iron: 36.68mg/100g

Phosphorus: 710.72mg/100g

- Magnesium:193.21mg/100g dough

### Target consumers

Good for all classes of the population of your taste.

#### Claims

Baobab leaves are involved in the treatment of hemorrhoids, diarrhea and stomach-ache

Baobab leaf powder is known to have antihistamine and anti-high blood pressure properties.





**Baochain Coordination** 

Address: 05 BP: 1752 Cotonou

Phone: 00229 95055975

<u>Email</u>: baochain.benin@gmail.com <u>Website</u>: www.labef-uac.org



\*Corresponding author

<u>Phone</u>: 00229 66324157 <u>Email</u>: fchadare@gmail.com <u>Website</u>: www.lsa-uac.org