

# African Basket

Rooted in plant-forward traditions and flavors, traditional African meals often feature millet, sorghum, black beans, leafy greens, and grilled fish. These nutrient-dense staples support steady glucose levels and highlight the strength of ancestral eating patterns.



## Proteins

Goat, beef, fish      any serving 0g

## Dishes

Chickpea stew (Shiro Wat)      ½c 15g

Goat & beef stew, cooked      3oz 5g

Suya (spiced grilled meat)      4oz 5g

Grilled fish, cooked      3oz 0g

## Starches

Boiled sweet potato      ½c 15g

Couscous, cooked      1c 35g

Fufu (cassava or plantain)      ½c 20g

Injera (Teff flatbread), 12"      1pc 45g

Jollof rice      ½c 45g

Millet, cooked      1c 41g

Pounded yam      ½c 30g

Sorghum porridge      1c 35g

## Non-starchy vegetables

Amaranth leaves      1c 4g

Bitterleaf, cooked      1c 5g

Collards (Sukuma Wiki), cooked      1c 5g

Cowpeas, cooked      ½c 20g

Cassava leaves, cooked      ½c 5g

## Fruits

African Star apple (Agbalumo)      3 small 15g

Baobab fruit pulp      2Tbsp 6g

Dates      2 whole 18g

Guava, raw      1 small 26g

Mango      ½c 21g

Papaya, raw      1c 8g

Small Banana, 6"      1 small 23g

Watermelon      1c 12g

## Beverages

Baobab juice      8oz/1c 30g

Hibiscus drink, sweetened      8oz/1c 30g

Mango juice      8oz/1c 30g