



Cassava and Plantain Fufu

Ingredients

1 large cassava tuber (yuca)
1 green plantain
 $\frac{1}{2}$ cup water

NOTES: Can also use cassava flour instead of cassava tuber (2 cups of cassava flour and $4\frac{1}{2}$ cups of water)



SERVES 4 | SERVING SIZE: $\frac{1}{2}$ cup

Calories: 163 kcal | **Carbohydrates:** 45 g

Dietary Fiber: 4 g | **Protein:** 1 g | **Total Fat:** 0 g

Saturated Fat: 0 g | **Trans Fat:** 0 g | **Sodium:** 24 mg

Instructions

1. Peel, then dice the cassava and plantain into small pieces. Transfer to a blender, add $\frac{1}{4}$ cup of water and blend until smooth. Add more water as needed. Blend into a smooth consistency.
2. Pour the mixture into a pot and cook over medium heat. Use a wooden spoon to stir the fufu rapidly and continuously.
3. The fufu will start to thicken as it cooks. Continue stirring for about 15-20 minutes or until the fufu is cooked through and has a smooth, solid consistency.
4. Remove the pot from the heat and scoop it into individual servings.
5. Enjoy!