



The Kid
Nutritionist™

Composite flours combination



1. All-Purpose + Millet + Sprouted Sorghum + Acha
2. All-Purpose + Corn + Oats + Rice
3. All-Purpose + Plantain + Millet + Tigernut
4. All-Purpose + Cereal of choice + Cassava + Bambara
5. All-Purpose + Fonio + Sweet Potato + Rice
6. All-Purpose + + Oats + Sorghum
7. All-Purpose + Sweet Potato + Acha + Millet
8. All-Purpose + Rice + Almond + Tigernut
9. All-Purpose + Plantain + Bambara + Oats
10. All-Purpose + Cereal of choice + Millet + Rice/Tuwo
11. All-Purpose + Sprouted Sorghum + Chickpea + Acha
12. All-Purpose + Lentil + Sweet Potato + Rice
13. All-Purpose + Millet + Lentil + Bambara
14. All-Purpose + Chickpea + Millet + Plantain
15. All-Purpose + Sprouted Sorghum + Lentil + Tigernut

For each of these All purpose flour is $\frac{1}{2}$ and the rest are $\frac{1}{4}$.
An example would be:

$\frac{1}{2}$ cup All-Purpose + $\frac{1}{4}$ cup Millet + $\frac{1}{4}$ cup Sprouted Sorghum + $\frac{1}{4}$ cup Acha

You can increase the quantity to make larger batches or reduce them for smaller batches