

FROM 6 MONTHS-12 MONTHS

For porridges and local dishes

Iru/ogiri/okepi + crayfish + onions

Iru/ogiri/okepi + mushroom powder + onions

Country onions + uda + crayfish

Iru/ogiri/okepi + crayfish + scent leaves + onions

Iru/ogiri/okepi + mushroom powder + scent leaves + onions

Mushroom powder + onions + tatashe/red bell peppers

Fish head stock (debone the fish and boil with onions)

For sauces and continental dishes

Rodo/chili flakes/habenero peppers can be added to all listed above (yes they can have pepper. Will talk more about this another day). Celery

Ginger + Garlic + onions

Ginger + Garlic + onions + carrots + spring onions + thyme

Ginger + Garlic + onions + mushroom powder + onions

Ginger + Garlic + onions + basil powder

Ginger + Garlic + onions + bell peppers (green, red, orange, yellow)

Cinnamon

Cloves

Nutmeg

Bone broth/Meat stock

A decorative graphic consisting of a teal rectangle with a white scalloped bottom edge.

FROM 12M-100 YEARS

For porridges and local dishes

Everything in 6 months + salt

For sauces and continental dishes

Everything in 6 months + salt

Ginger + Garlic + onions + curry + carrots

Ginger + Garlic + onions + cumin + carrots + salt

Cinnamon + Ginger + onions + salt

Bone broth/Meat stock salt can be added

Spices/Seasonings you can buy that are tested and trusted

A versatile spice rack. One that has individual spices is really good. like cinnamon, cumin, italian seasoning the rest.

Agas spices-All of them are really great. you can get from our website.

Ady's spices-All of them are great! you can get from our website

Mamalac's nature burst- This thing works wonders for seasoning fish chicken and meat.