

- Garri (preferably yellow garri for access to antioxidants and vit E)
- Amala (plantain or yam amala)
- Fufu (properly fermented, get from a good source)
- Pounded Yam (use a food processor if needed)
- Tuwo shinkafa (rice flour swallow)
- Plantain swallow
- Potato swallow
- Acha swallow
- Cereal swallow (swallow made from whole food cereals like the ones sold on our websites)
- Oat swallow (made from finely milled rolled or old-fashioned oats)
- Bambara swallow
- Pupuru
- Cassava flour (lafun)
- Wheat
- Tigernut swallow

Swallow combos (ratios are for 4 servings)

- 1 cup Rice flour + $\frac{1}{4}$ cup Quinoa flour + $\frac{1}{4}$ cup Cassava flour = semo/poundo
- $\frac{3}{4}$ cup Acha + $\frac{1}{2}$ cup oats flour = semo/poundo
- 1 cup Millet flour + $\frac{1}{2}$ cup oats flour + $\frac{1}{4}$ cup rice flour = semo
- 4 tbspn Potato/tapioca starch + 1 cup oats flour = poundo