

## **“Tabaca Pea”**

### **Nutrition Balance Diet Instant Drink**

Ingredients :

- 3 kg Purple Sweet Potato
- 250 gr Cowpea
- 5 pcs Carrot
- 4 pcs Banana
- 100 ml Soy milk

How to Make :

10. Wash and peel the sweet potato and carrot.
11. Steam the purple sweet potato, cowpea, carrot and banana separately until its become and can be mashed.
12. For carrot : Cut the carrot until small pieces and don't use the white parts
13. For banana : After being steamed, chop the banana (don't mash it to minimize juice)
14. Mash the steamed purple sweet potato, cowpea and carrot until its tender and become similar with dough.
15. Mix all the mash ingredients. Add the soy milk
16. Turn on the oven with 60°C heat and dry the dough until 5-8 hours
17. Blend all the ingredients with food processor until its become powder
18. This product is good to be consumed with honey



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Logo Product



Product

