

WHY A FUFU COOK BOOK? Fufu is the most popular meal in Africa; thousands of families are fed with fufu. Even babies starting as young as 6 months are given this meal. That is why it has captured my attention to create a cook book showcasing the richness and diversity of this meal. This book is intended to teach, step by step the culinary skills of preparing fufu. I know there are many out there struggling, trying again and again to cook fufu but without success. Now there is a solution, no more worries. The cook book for fufu has arrived. Also I want to show that , there are many enjoyable ways to cook fufu My genuine desire is to show how fufu can be enhanced in flavour and in nutritional values and also customized to suit special dietary needs. I encourage everyone to take the greatest advantage of this book to discover many scrumptious fufu and embrace some new ways. May these recipes become part of your fufu meal planning.

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