

1 cup cooked =

15%

of daily requirements for
**14 VITAMINS AND
3 MINERALS.**



Cost of

1 CUP

cooked PnP Instant
Sorghum porridge
(50G RAW) = ±R1,00



Mixed with

½ CUP

of long life or reconstituted
powdered milk = **43% OF
DAILY PROTEIN REQUIREMENT.**



Sweetened with sugar
High in Fibre
Source of 14 vitamins
and 3 minerals