

Gurih Gurih Gizi (GGG) Recipe

A SIMPLE RECIPE FOR GOOD HEALTH

One tablespoon of GGG has all your daily needs for vitamin A, iron, and iodine, and it tastes great. This formula has been approved by nutrition scientists as being good for children, pregnant, and lactating women. GGG is easy to make and can be stored for a long time. The main ingredients for making it are vegetables that you can harvest from your own garden.

Ingredients needed to make +/- 50 GGG servings:

- 1 kg fresh greens (5 types listed below).
- 1½ tablespoons of iodized salt.
- 1½ tablespoons of sugar.
- ½ a cup of roasted peanuts or sesame seeds.
- 3 tablespoons of milk powder or coconut shavings.
- 1 cup of rice flour.
- 1 ltr fresh frying oil (after making GGG, you can use the oil again to cook something else).



iodized salt



sugar

5 types
of greens:



marunggai



water spinach



sweet potato
leaves



spinach



pakchoi



rice flour



milk powder
or coconut
shavings



peanuts



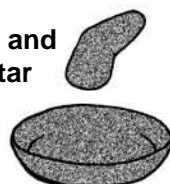
cooking
oil

Cooking utensils needed:

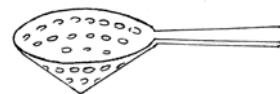


spoon

pestle and
mortar



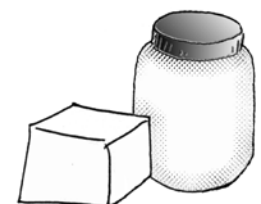
metal sieve



frying pan

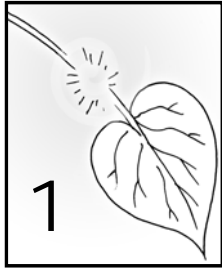


wok



sterile and air tight
container for storage

HOW TO COOK GURIH GURIH GIZI (GGG)



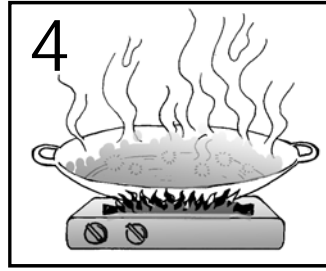
1
Separate leaves from their stems.



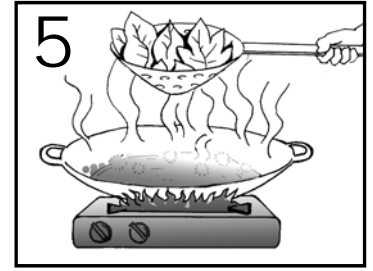
2
Wash the leaves thoroughly.



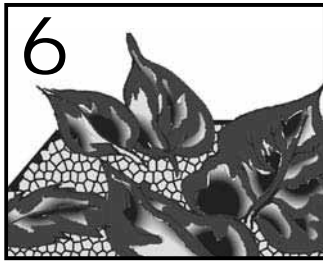
3
Dry the leaves.



4
Heat enough oil to cover the leaves in the wok.



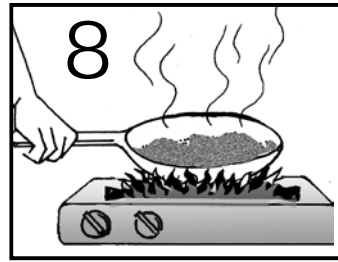
5
Fry the leaves until they are completely dry, then strain.



6
Make sure to drain all the oil from the fried leaves.



7
Crush the crispy leaves with a pestle.



8
Toast the peanuts and flour, without oil, until they turn golden brown.



9
Put all the ingredients into a bowl.



10
Mix everything together.

IF YOU LIKE, YOU CAN ADD CHILLI, SUGAR, OR SALT TO TASTE

11 Sieve together...



With one tablespoon of GGG everyday, all your iron, iodine, and vitamin A needs will be fulfilled.

How to enjoy GGG:
Sprinkle it on rice, porridge, noodles, or something else.

You need to store Gurih Gurih Gizi in air tight and sterile containers. Stored in this way, GGG will keep for 3 months, or if kept in a refrigerator it will keep for 6 months.