

# GURIH GURIH GIZI (GGG) FORMULA

## HOW TO MAKE THIS FORMULA 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 GGG ARE ...



marunggai  
leaves



water  
spinach



sweet potato  
leaf



regular  
spinach



bak  
choi



sugar



iodized  
salt



peanuts



powder milk  
(or coconut  
shavings)



flour



cooking  
oil

- Mixed greens (5 types listed above) : 1 kg**  
**Iodized salt : 1 1/2 tbls (to your taste)**  
**Granulated Sugar : 1 1/2 tbls (to your taste)**  
**Peanuts or roasted sesame seeds : 1/2 cup**  
**Milk powder (or coconut shavings) : 3 tablespoons**  
**Rice Flour : 1 cup**  
**Fresh cooking oil (use one time only) : 1/2 Liter**

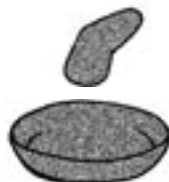
(after you make GGG you can use the oil again to cook other things)

## THE COOKING TOOLS NEEDED TO MAKE GGG ARE...



spoon

pestle & mortar



metal sieve



frying pan



wok



**sterile & air tight  
container for storage**

## HOW TO MAKE THE GURIH GURIH GIZI FORMULA...



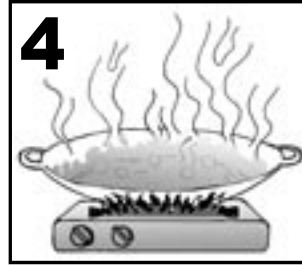
**1**  
separate leaves  
from their stems



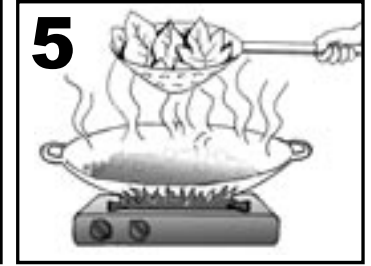
**2**  
wash the  
leaves carefully



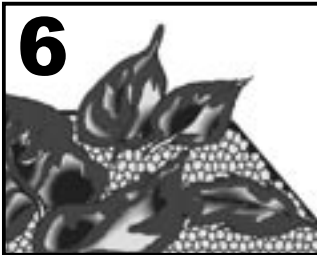
**3**  
dry leaves  
thoroughly



**4**  
heat enough oil to  
cover the leaves



**5**  
fry the leaves until they are  
completely dry and strain



**6**  
after finished cooking  
make sure to drain all  
the oil off the leaves



**7**  
then crush  
the crispy leaves  
with pestle



**8**  
toast the flour, peanuts (or  
sesame seeds) without oil  
until they turn brown



**9**  
put flour and nuts  
into a bowl with  
salt and sugar



**10**  
add the milk and  
mix everything  
together

YOU CAN ADD MORE FLAVOR BY ADDING CHILI OR SUGAR AND SALT TO YOUR RECIPE

### 11 Sieve together...

Just one tablespoon of  
GGG per day, will give  
you all the iron, iodine  
& vitamin A you need!



How to use Gurih Gurih Gizi.  
GGG is delicious when it is  
sprinkled on rice, porridge,  
noodles etc...

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