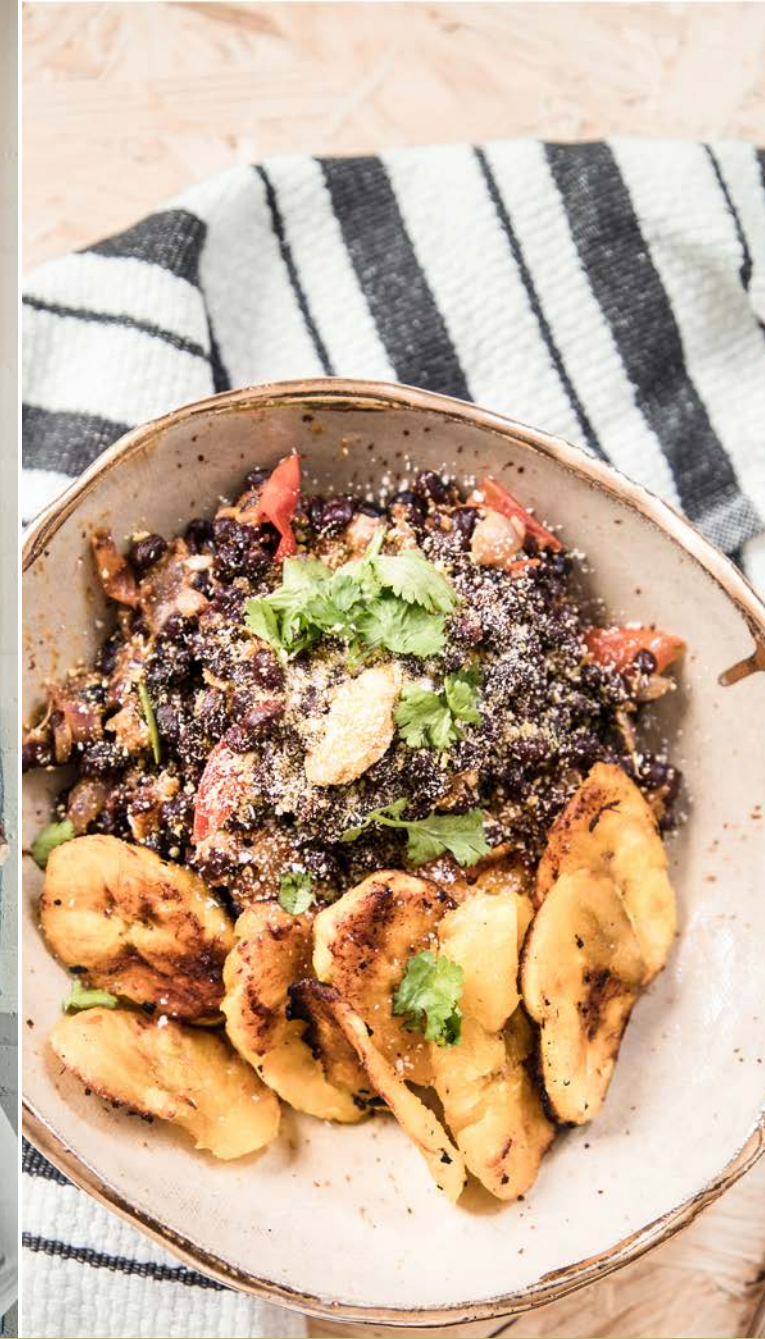




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NANA KONAMAH



Eat From Home Guide

contents

About this ebook

The Essentials

Shopping List

Morning Magic

Lunch / Dinner Vibes

Nut Milk Diaries

Sample Meal Plan

Thank You's

Find me!



About this ebook

This ***Eat From Home Guide*** is born out of my love for delicious well thought- out home cooked meals. I grew up with many influences in my life who were not afraid to get creative in the kitchen and have fun with flavour and various ingredients. From my mother who always made sure we ate hearty meals from home, my father who encouraged playfulness in the kitchen and experimentation with flavours, to my Aunt Josephine who influenced me with her insistence that food from home was always better, therefore making sure she kept her promise that hers tasted better than any restaurant "special" could.

My love for cooked food deepened even as I transitioned to plant- based eating and cooking. In this ebook, I remake some old favorites and introduce some new favorites like fonio and an entire nut milk diary featuring my favorite: Egusi milk.

I hope this guide helps you discover great food and new favorites. Also, you will notice I seldom use measurements, that's because I'm of the philosophy that what makes food good is the "feeling." Plus, I rarely saw anyone in my family ever cook with measurements and have been raised to believe that one should use ingredients in the amount that best suits the flavours they wish to enhance. Not measuring when you cook, I believe, can be one of the greatest acts of self trust you can ever demonstrate. Therefore: I NEVER measure (well, sort of ;))

If you still struggle with measurements, do not worry! You can search for the video versions of all my recipes on my website to guide you. Just search my website for the desired video.

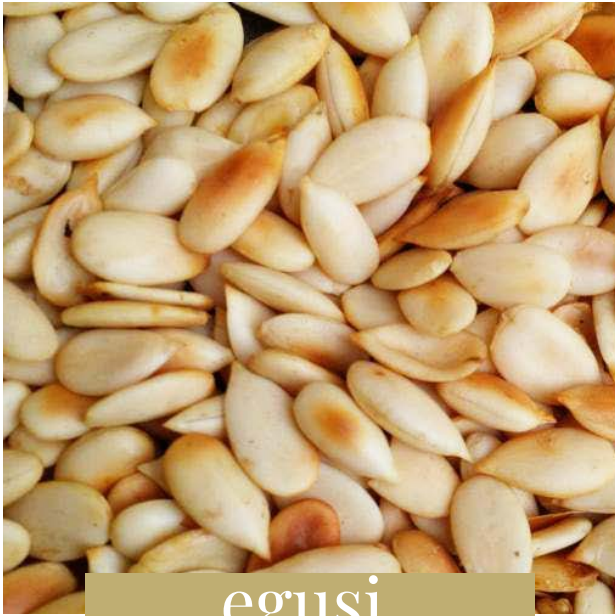
I also tend to choose ingredients that are alkalizing. For instance, you'll notice I use fonio in place of rice and sea salt rather than regular table salt.

What you won't find in this book is recipes laden with tomato paste, maggi cube or other artificial flavourings common in many Ghanaian recipes. I also prefer fresh ingredients almost without exception. You also will not find a call to strictly adhere to my flavor suggestions. This ebook is simply meant to guide you with ingredient suggestions, feel free to add a twist wherever suited. I do however suggest that whatever twist you add still maintains the freshness of the foods and will not introduce harmful flavourings like MSG.

I hope this guide helps you discover the beauty and magic of great, healthy, hearty, home cooked food!

*with love,
Nana Konamah*

the essentials



egusi

Made from melon seeds, egusi or agushie is common in West African cooking in many different forms. In whatever form you find it, one thing stands: Egusi is highly nutritious. I discovered the versatility of egusi after discovering that I had a pesky little peanut sensitivity. I loved peanuts and desperately wanted a replacement and so decided to toast egusi to see how it measured up. To my pleasure it delivered more than I asked for, as it makes for a great nut-free non-dairy milk as well.



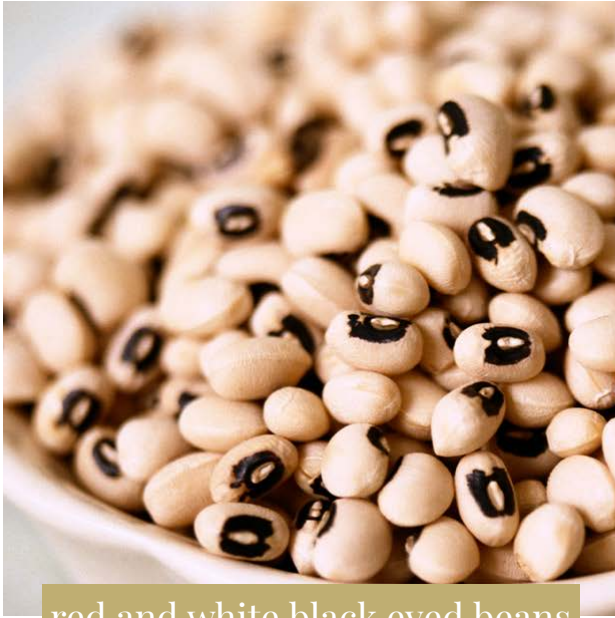
kale

Organic kale is one of the most alkalizing nutritious greens you can ever have. It is versatile, and can be used in basically any format, cooked or uncooked. Organic kale is farmed right here in Ghana and is a fridge staple for me and my family



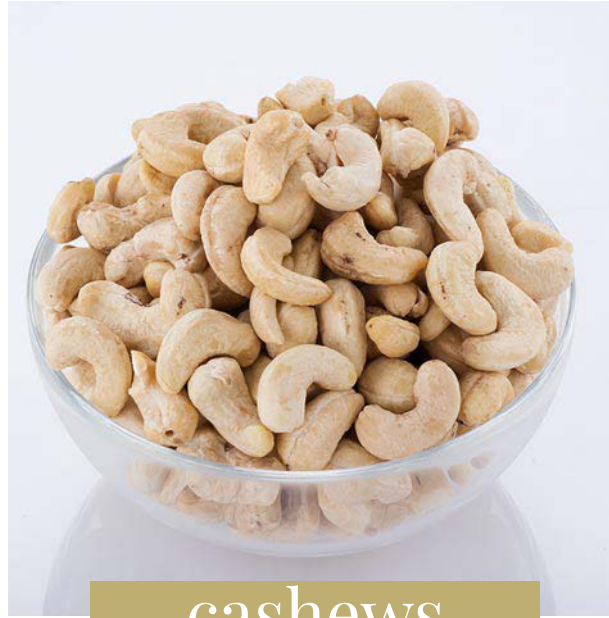
palm oil

Palm almighty! There are many Akan proverbs about the usefulness of the palm tree, one of them being palm oil. Now palm oil gets a bad rap for the saturated fats and the variety that decimates orangutan habitats. But rest assured, the palm oil in West Africa mostly come from small sustenance farms and are far from the rainforests of Indonesia. Also, tropical oils are found to be much better for us than the processed vegetable oils pushed on us. Organic cold-pressed palm oil is also full of plant sterols that have been shown to help lower cholesterol along with a plant based diet.



red and white black eyed beans

I grew up eating a lot of these, especially the red ones. My father is from a region in Ghana where the red beans are a staple, and raised us with a love for them. The nutritional value alone of these legumes are enough to keep you fed and healthy many times over. They are a high source of plant protein making them an important addition to vegan cooking.



cashews

Cashew fruit is grown in Ghana and is versatile in so many ways in the plant based world. I've made dips, ice creams, and plant based milk from cashews. They also taste great roasted and enjoyed alone. They work well as both a protein and good fat source.



atadwe

Atadwe, is an easily accessible commodity found everywhere in the streets of Accra. They are a ground nut that can be milked, or dried and powdered into a flour. Not only is the nut and resulting milk naturally sweet, but it has been found to also have a hormone balancing effect in traditional medicine making it great for fertility and sexual and reproductive health.



wild / brown rice

You will find in this guide that I don't tend to use starchy grains and vegetables. I prefer to use brown rice and wild rice in place of white rice for good reason. One, the un-bleached, unprocessed grains are much more filling therefore keeping you less hungry longer, but also in my opinion they just taste much better.



sesame seeds

By now, you should've noticed my love for seeds. Similar to egusi seeds, sesame seeds also possess lots of versatility including a great source for plant based milk.

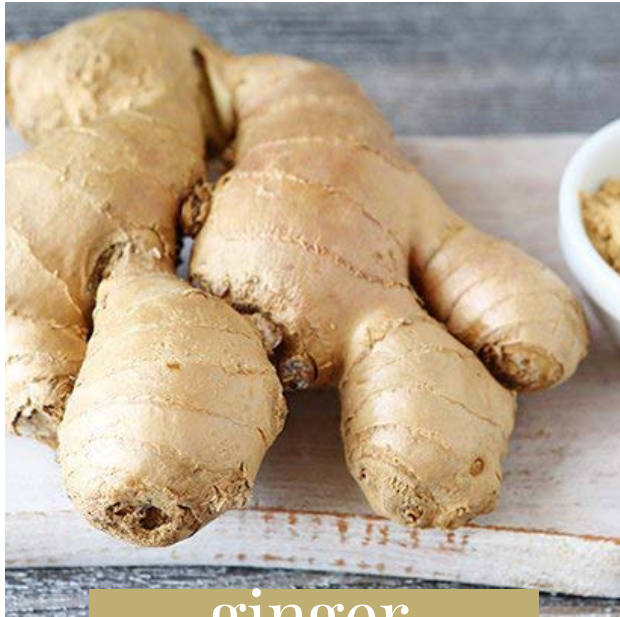
Toasting and creaming the seeds produces tahini butter which I use multiple times a week.



fonio

This ancient grain is said to be over 5000 thousand years old. Making it the oldest grain on the oldest continent among the oldest cultures on the planet.

This grain is tapped to be the “quinoa dethroner” and is still cultivated mostly by women in the villages of northern Ghana, Burkina Faso, Senegal and many other cultures in the sahel region of West and East Africa.



ginger

I grew up eating LOTS of ginger: in teas and tinctures for colds and sore throats or ground up and used in soups and stews. Ginger is a widely used ingredient in Ghanaian cooking; both fresh and powdered.

It has crazy anti-inflammatory capabilities. It's medicinal properties are widely accepted in traditional Ghanaian herbal medicine and is even named "cavity medicine" in my language, Twi.



turmeric

Turmeric is in the ginger family and is common in many Asian dishes. I discovered the power of turmeric when a stomach infection left me unable to keep anything down for 5 minutes. I tried turmeric tea, and my symptoms immediately subsided.

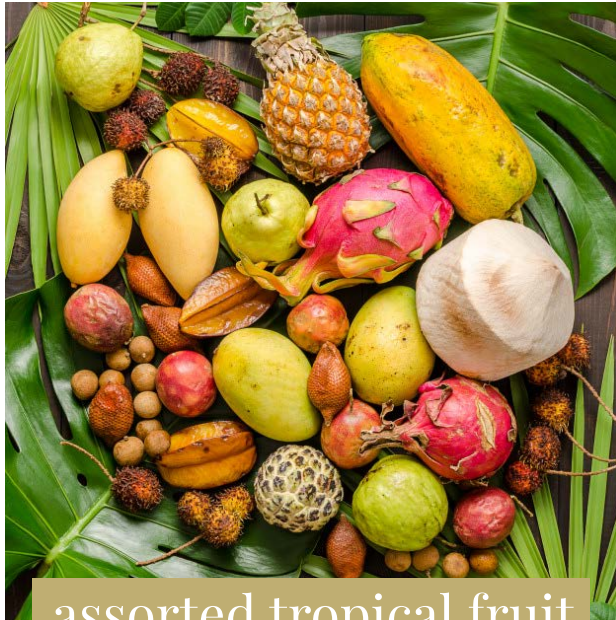
From that moment on I was sold. I try to incorporate turmeric in as many of my breakfast meals as possible to give me a healing headstart on my day.



moringa powder

Almighty Moringa! 1 serving of Moringa has more vitamin C than a serving of oranges, more potassium than a banana and more vitamin A than carrots.

It also comes fully packed with every amino acid you need to stay healthy, this is why the moringa tree is considered the miracle tree. I use moringa in my daily green smoothies to fill me up and the powder in face masks for beauty treatments as well.



assorted tropical fruit

Pineapple, pawpaw (papaya), banana, starfruits, mango and passion fruits are my favorites. I have very strong loyalty to Ghana in regards to tropical fruits.

The sweetest mangoes and pineapples and bananas come from Ghana, and I STAND BY THIS! These fruits are not only nutritious but are full of vitamins and minerals we need every day to maintain our health and wellness.



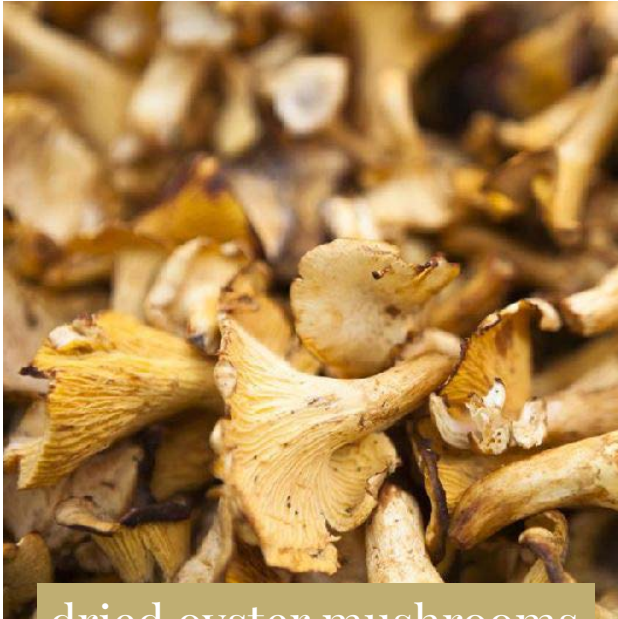
fresh coconut

Coconut is my favorite pastime. They have a use at every single stage! Young coconuts are great for their water, mature coconuts great for making coconut milk and creams, and dried coconut is great for coconut butters and toppings. I use coconut in my smoothies, and even stews and soups.



chia seeds

I discovered chia seeds about 5 years into my plant based journey. It has taken me a while to get used to them, but now I cannot get enough of them. With omega acids, proteins, and all the fiber you need in just one serving.



dried oyster mushrooms

This edible fungi is a delicious staple in lots of vegan cooking. Owing to the fact that mushrooms have quite a lot of protein. In Ghana, oyster mushrooms are grown locally and are used as a substitute for animal protein. I use dried oyster mushroom shreds in place of fish and shrimp powder in my vegan shitor recipe.



tahini butter

Made of roasted sesame seeds, tahini butter became my “go-to” butter after discovering a pesky nut allergy. Tahini has shown itself to be widely versatile! Its creamy texture makes it a great dairy replacement in alfredo sauces, salad dressings, and cheesy recipes.



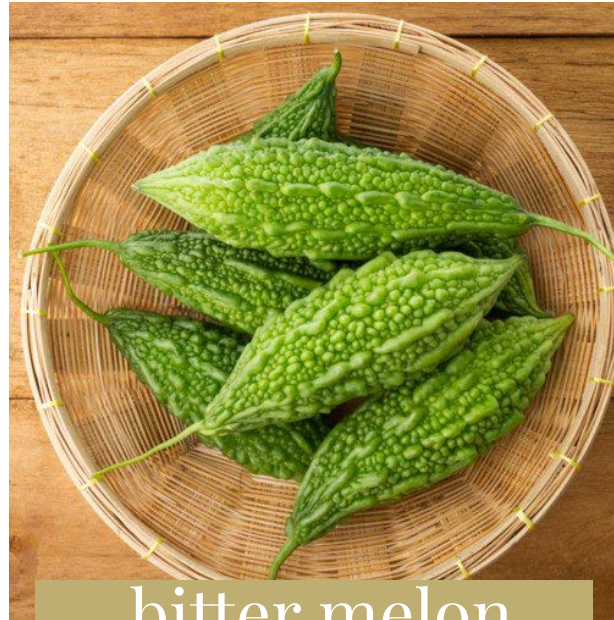
cherry tomatoes

Tomatoes are a base of most of Ghanaian cooking. I prefer to eat them raw, on salads. Cherry tomatoes are a perfect addition to any salad recipe. Find them in my Mango Fonio Salad.



spring onions

Spring Onions are a quick and easy way to add extra flavour to food. It goes well as a garnish and also as an addition to any stir fry. It is also a highly alkalizing ingredient and always a great addition to any stew or soup.



bitter melon

Typically used in indian cooking, this highly alkalizing melon is an important ingredient in my morning tonic. Although a little bitter, it serves as a great addition to up the health of any morning juice.

Slow Juicer

I've had many juicers, but nothing meets my cold pressed juicer. It is a motorized squeezer that maintains the purest form of fruit or vegetable juice. I will suggest you invest in a slow juicer during your health and wellness journey. It has really made all the difference for me.

High Speed Blender

I use a high speed blender in almost every recipe. This is because my high speed blender is likely my most dependable piece of equipment. I use the blender for smoothies, to shred dry products, to make desserts, mix up my tonics, and everything in between. I do suggest to invest in a pro grade high speed blender to sustain you on your health and wellness journey.

Lemon Squeezer

Before I got one of these, I didn't know what I was missing. Using a lemon squeezer allows for the maximum amount of juice to be squeezed out of lemons and limes completely seed free. I use it to squeeze citrus fruits when I need a quick and easy shot of vitamin C.

Shopping List

Fruits

Pineapple
Papaya
Banana
Starfruit
Passion Fruit
Bitter Melon
Green Apples
Lemons
Limes
Oranges

Oils

Coconut Oil
Olive Oil
Palm Oil

Grains

Wild Rice/ Brown Rice
Fonio

Vegetables

Kale
Olives
Marinated Artichokes
Moringa Powder
Dried Oyster Mushroom
Cherry Tomatoes
Spring Onions (Scallions)

Seasonings & Spices

Dried Red Chillies
Fresh Ginger
Fresh Turmeric

Nuts / Seeds

Whole Egusi
Raw Cashews
Raw Sesame Seeds
Fresh Coconut
Chia Seeds
Tahini Butter

Beans / Legumes

Red and White Black Eyed Beans
Atadwi (Tiger Nuts)

Morning Magic





Immune Boosting Tonic

The star of this tonic is the immune-boosting power of the ingredients. Turmeric, garlic and ginger all fight inflammation, and the orange juice offers up a great deal of Vitamin C to get you started for your day. Take this tonic straight up or use it in an immune-boosting smoothie (see recipe).

What you'll need

*Turmeric
Freshly squeezed
Orange juice
fresh ginger
(peeled, cut into
chunks)
fresh garlic cloves
(peeled, cut into
chunks)
Juicer/Blender*

Make It!

*Wash and clean all ingredients.
Turn on the juicer or blender.
Starting with 2 or 3 cloves of
garlic. Add all ingredients
roughly chopped into the juicer.
Pour freshly squeezed orange
juice into a glass and add the
tonic to the orange juice. Drink
tonic on its own or add to your
favorite juice or smoothie (see
recipe for immune-boosting
smoothie) and enjoy!*

Morning Alkalizing Tonic

I've learned over my health and wellness journey the importance of alkaline foods and alkalizing my body. Somewhere around the end of 2019 I began struggling with inflammation on my skin. As I switched to an alkaline diet the symptoms steadily reduced. This particular tonic contains some of the worlds most alkalizing ingredients. The flavour is a little bitter. I take a cue from my father who, like every African father, believed bitter tastes indicated that something was healthier. Not to worry, if you find this recipe too bitter for your pallet, feel free to add more apple or sweet melon.

What you'll need

*4 small cucumbers
1 regular sized yellow
melon
1 apple
1 bitter melon
1 lime
Ginger
Turmeric (optional)*

Make It!

*Wash and clean all ingredients. Cut up ingredients. Starting with the ginger, toss in the blender or slow juicer. Once every ingredient has been juiced, pour juice into a glass. Mix well and enjoy. Feel free to follow up with a nutritious breakfast like chia pudding
(See Recipe)*



Moringa Morning Booster

I always believe that we should begin our mornings with the good stuff. I believe in starting our days with tonics and boosters that give us a head start on our nutritional and detoxification needs for the day. During a detox cleanse about a year ago, I used this tonic as a nutritious head start for my mornings, but also as a midday snack to power me through the day and sometimes my evening workouts. Although this Moringa Booster has got only 2 ingredients, it gets the job done in just one serving!

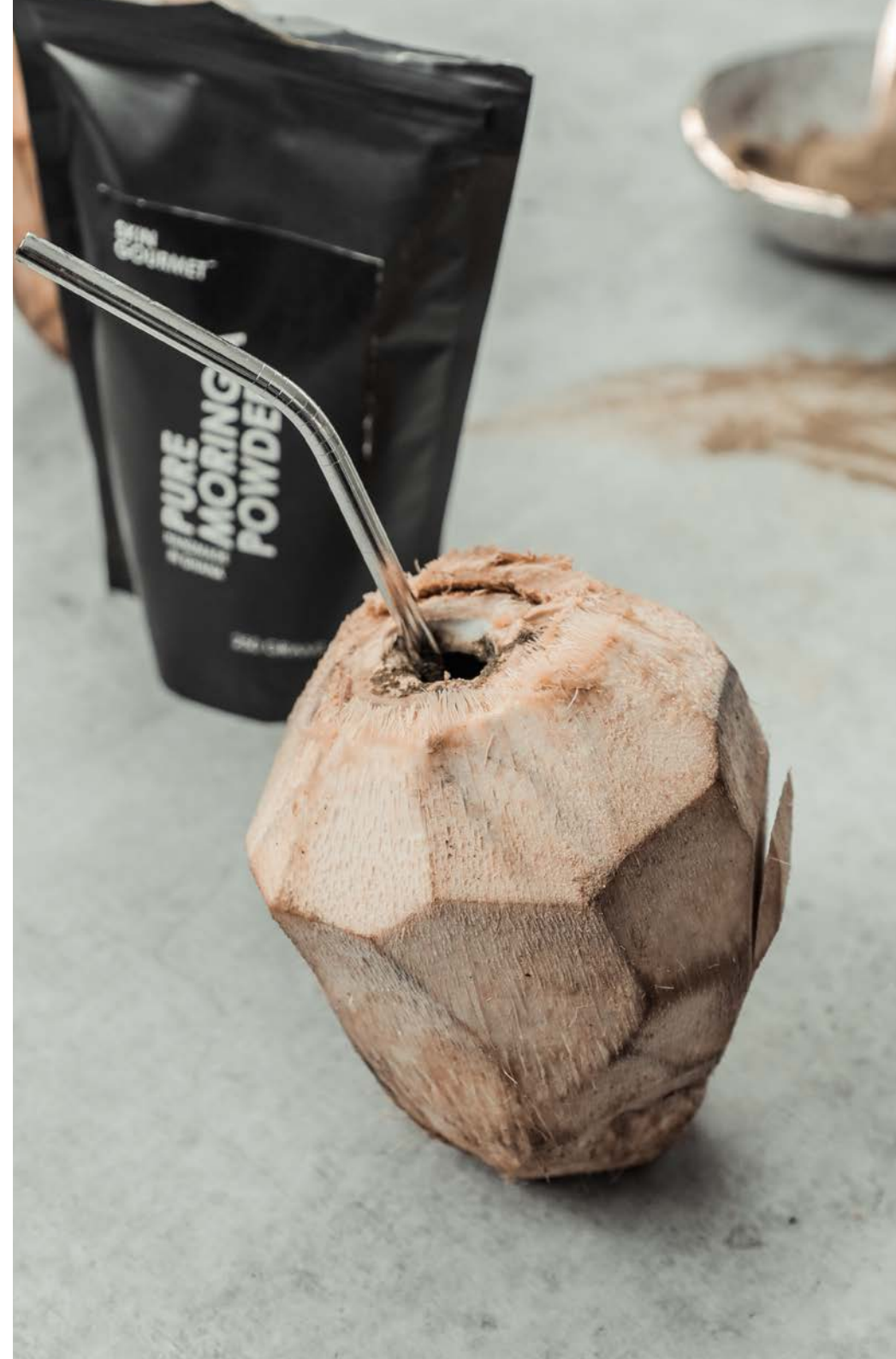
What you'll need

*Organic Moringa
Powder
Coconut water*

Make It!

*Add 1 large scoop of
moringa powder to coconut
water of 1 young coconut in
a blender.*

*Blend to mix evenly. Pour
into a glass and enjoy
before a healthy breakfast*





Immune Boosting Morning Smoothie

Smoothies are my “go -to” healthy meal. While I typically have them in the morning, I also enjoy having them as a light snack or sometimes as an easy dinner. You can practically add whatever you like to a smoothie, that is why they are so wonderful. I like to pack my smoothies with all my nutritional needs for the day. In this smoothie, I add my immune boosting tonic to help keep myself strong to handle a busy day.

What you'll need

*Frozen Banana
Frozen Pineapple
Frozen Strawberries
A shot of Immune
Boosting Tonic (See
Recipe)*

Make It!

*Throw all ingredients
together in a high speed
blender. Blend until smooth
or until desired consistency.*

*Enjoy alone or with seed
toppings or with extra fruits.*

Chia Pudding with Coconut Milk

When I first discovered chia pudding it took me a while to get used to it, but in a short while it has quickly become one of my favorite additions to breakfast. Not only is chia pudding SUPER filling, but it packs a high nutritional punch serving up all the omega fatty acids you need in a day with just a serving. Chia pudding also acts as a great addition to any smoothie bowl and also acts as a great base for the addition of many other ingredients. Remix this recipe with your choice of plant-based milk, sweeteners or fruits.

What you'll need

*½ Cup of your favorite plant based milk
1-2 large tablespoons of chia (black) seeds
Honey or any other sweetener
A pinch of sea salt
Fruit for toppings*

Make It!

*Combine chia seeds with plant-based milk, honey and pinch of sea salt.

Let mixture sit to thicken (about _ > 20 minutes). Add fruits and enjoy your nutritious breakfast.*



Red Smoothie Bowl

Smoothies are some of the easiest, simplest things you can make to ward off hunger. What I love about them most is how you can select any combination of ingredients to get the flavor that best fits your goals or your mood. This particular recipe combines my love of tropical fruits and berries. The vibrant color makes it easy to enjoy!

What you'll need

*Frozen Pineapple
Frozen Strawberries
Blueberries
Chia Seeds
Coconut
Moringa Powder*

Make It!

Toss frozen pineapple and frozen strawberries into a high-speed blender. Blend until smooth. (You may have to stir the contents of the blender a bit to prevent the blender from jamming). Scoop smoothie into your favorite bowl. Top smoothie with a few blueberries, sprinkle with chia seeds, moringa powder and coconut pieces. Enjoy your smoothie!



PawPaw Smoothie Boats

Pawpaw or “papaya” is a super healing food. I eat the fruits whole -seeds and all- as the seeds have been found to contain vital digestive enzymes. This pawpaw smoothie boat was inspired by all the beautiful and colourful foods I ate while I was in Bali. I wanted to create something reminiscent of all the beautiful places I have travelled that have filled my soul.

What you'll need

Frozen Pineapple Chunks
Frozen Starfruit Pieces
Frozen Mango Cubes
Water
One small whole
pawpaw and seeds
High speed blender
Coconut chunks

Make It!

Wash clean all ingredients and utensils and add frozen pineapple chunks, starfruit, mango and water into the blender; blend until smooth. slice pawpaw into 2 halves.

Take out seeds and save for later. Pour smoothie mixture into both halves of the pawpaw . Garnish with starfruit, cut coconut and sprinkles of pawpaw seeds.



Lunch / Dinner Vibes





Fonio Waakye with Vegan Shitor

My friends and I often joke that “waakye is life and shitor is bae!” Waakye is a beloved dish in Ghana; the dish rarely has enemies. My love for waakye and shitor inspired me to develop a less starchy alternative with a plant based alternative for shitor. The vegan shitor is made with dried oyster mushroom in place of the fish and shrimp powder.

Not to worry at all, the shitor tastes simply amazing, not to mention the fonio which acts as a perfect replacement for rice. If you are curious about plant based versions of Ghanaian favorites or are looking for ways to replace starchy carbohydrates with less starchy alternatives, this recipe is definitely for you!

What you'll need

Waakye

Fonio

Pre Soaked Red or White
black eyed beans

Waakye Leaves for Color
(optional)

Coconut Oil

1 Chopped Onion

½ - 1 Chopped Green
Pepper (Capsicum)

Crushed and Diced 1-2

Cloves Garlic

Sea Salt

Vegan Shitor

Coconut Oil

8- 10 onions of medium
size

1 whole bulb of garlic

1-2 cups dried red chilli
peppers (Cayenne

Pepper)

Fresh Ginger

Dried Oyster Mushrooms
(already shredded in

blender)

Cloves

Sea Salt

Make It!

Waakye

Start with a small amount of coconut oil in a heated pan large enough to make the waakye. The coconut oil should be enough to sautee onions at medium to high heat. Once the oil is heated add onions, green peppers and garlic and let sizzle; sautee but do not let the mixture get brown. Once the aroma of the coconut and onion fills the air, it's time to add black eyed beans (about 2 cups). Mix black eyed beans into onion mixture and let sizzle for about 5 minutes then add enough water just to cover the beans.

If you have waakye leaves for coloring, add them now and cover the pot, reduce the heat and let the pot simmer. Make sure to not add salt until after fonio is added. My mother always told me to add salt to beans after a desired softness as salt slows down the cooking process (not sure if that's an urban legend, but then again what is home cooked food without superstition). Once medium softness has been achieved, which will be about 20 - 30 minutes of simmering, take out the waakye leaves if you used them. You can now begin to add the fonio. Okay, so this is where it gets a little tricky. If you have never cooked with fonio before, I suggest you add the fonio bit by bit to see how it behaves in the mixture with the beans. If your beans have lots of water you might want to start with scooping some of the water out then adding it back in if necessary.

Fonio can soak up a lot of water too soon which can make your waakye a bit mushy. Begin to add the fonio bit by bit until desired consistency is achieved. Start with two cups. Also keep in mind that fonio tends to swell so 2 Cups would likely be the most you need. If you need guidance, you can watch my video to get an idea of this. Once you're comfortable with the consistency, cover the waakye and let steam for another 30- 45 minutes on low heat, stirring about every 7- 10 minutes. After 45 minutes of cooking on low heat, the waakye should be ready.

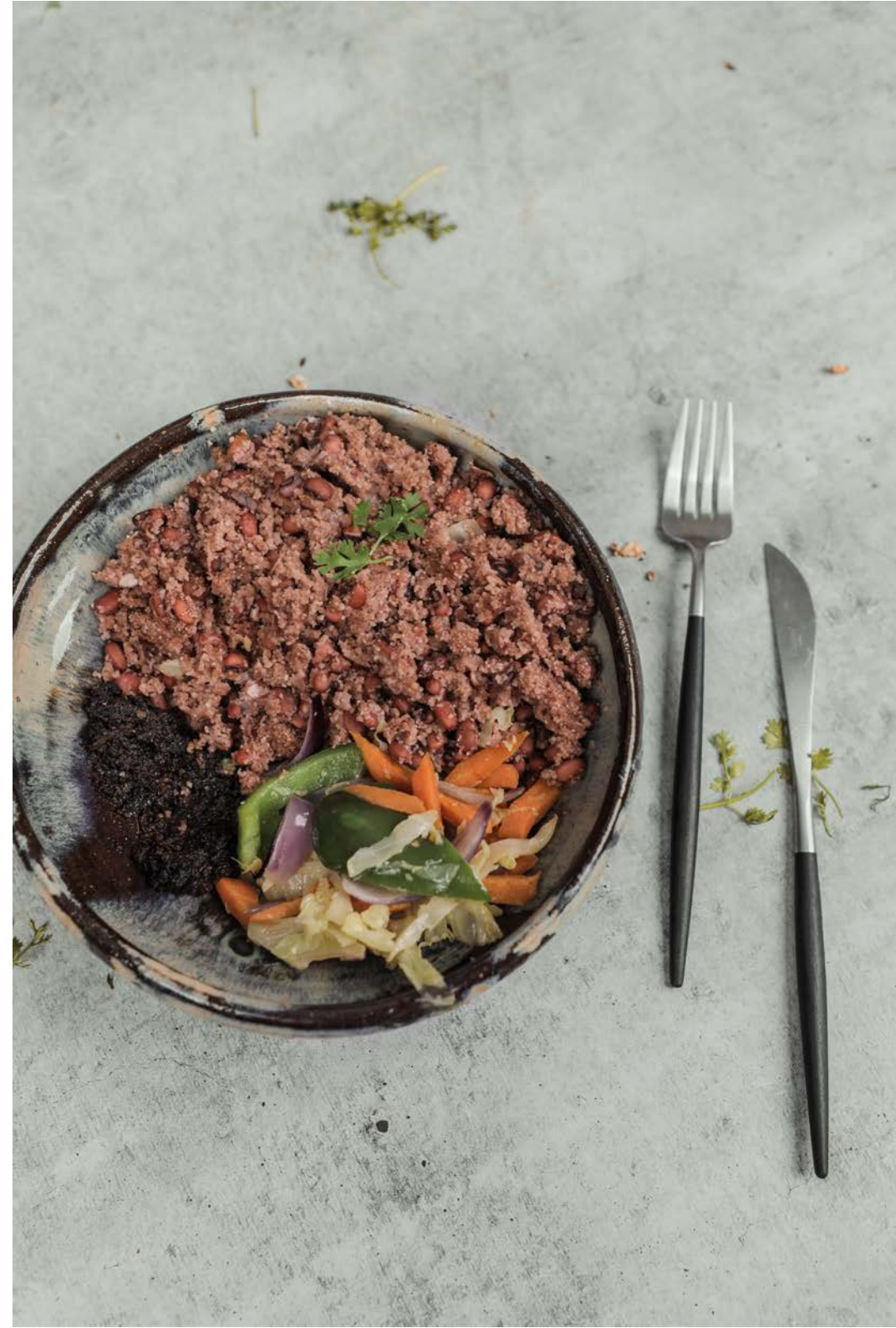
Make It!

Vegan Shitor

In a saucepan, heat up about .25 liters of coconut oil on medium heat. In a blender add onions, garlic and ginger and blend until smooth. Add onion mixture (leave a little behind; you'll need it to blend the chilli) to heated coconut oil and bring to a simmer. While the onion mixture simmers, blend the remaining onion mixture with the dried whole chilli peppers. The amount of chilli you use will depend on the level of spiciness you wish to achieve, same goes with the ginger. I add in the chillis later because pepper tends to fill the air when cooked, so I like to give the onions time to simmer on their own first.

Once the onion mixture has simmered and browned a little, add the remaining mixture with the chillies. Add salt and cloves and cook on medium heat for 45 minutes or 1 hour, or however long it takes for all the water to evaporate and be cooked out of the mixture. You have to be patient with shitor. It requires LOTS of patience and time. Once all the water has been cooked out, mix in the shredded dried mushroom, about 1- 2 cups, cover the saucepan and let it simmer, stir periodically until the mixture darkens.

Plate waakye with shitor and any other additions you may prefer like sauteed vegetables, stew or avocado, and enjoy!





Red Red Buddha Bowl

I grew up eating red red, or plantain and beans. When I first went vegan it was one of the Ghanaian street foods I ate most often.

The combination of flavours, sweet and savory, plus the fact that it is so filling makes it so fun to eat. In this recipe, I remix it with my favorite red beans and coconut cream.

What you'll need

Palm Oil
Tomatoes
Garlic
Habanero Pepper
Onions
Pre- Cooked Beans
Ripe Plantain
Salt
Coconut Oil
Cucumber (for garnish/
plating)
Coconut milk

Make It!

Black-Eyed Bean Stew

Grind chili pepper and set it aside. Peel and dice garlic and crushed tomatoes separately into a bowl. In a heated pan, add 2 or 3 tablespoons of palm oil into your cooking pan, allow the oil to heat up enough to fry onions. Add onions, tomatoes, garlic to the palm oil and bring it to a sizzle. Once the mixture is sizzling, lower the heat and cover it and allow it to simmer for about 10- 15 minutes. Once the mixture is well heated and semi-cooked, mixed in cooked beans bit by bit. At this point, add in crushed chilli peppers, coconut milk and salt your taste. Add about ½ cup of water and leave on the stove to slow cook on low heat.

Pan Fried Plantain

Peel plantain and cut into even slices into a bowl. Heat up a grill pan on medium to high heat. Pour 2 capfuls of coconut oil into the grill pan and evenly spread it in the pan. Add your sliced plantain into the hot oil and fry on both sides for about 5 minutes each, depending on the thickness of the plantain. Plate plantain with bean stew, and vegetables to make your buddha bowl!

Fonio, Kale & Mango Salad

I discovered fonio back in 2017 and have been in love with this ever since. This ancient grain that is found in the Sahel of Ghana and other parts of West Africa is a staple in Fulani cooking. For some time, fonio was tapped as the new superfood to dethrone quinoa.

With a nutritional profile high in protein in fiber it fits well into any food style whether plant-based, high protein, or low carb.

original recipe by Chef Binta of Fulani Kitchen



What you'll need

*Large mango cut into
small cubes*

Fonio

Chopped Kale

Halved Cherry Tomatoes

*Chopped Spring Onions
(Scallions)*

*Chopped Cilantro
(coriander)*

Honey

Large Lemon

Sea Salt

Make It!

Add about 1 or 2 cups of fonio to a medium-sized pot on medium-high heat. Allow the fonio to toast while stirring it. As the fonio warms, it'll begin to crackle (after about 10 minutes); this means it's ready to be cooked. Begin by adding water to the fonio bit by bit, making sure to stir the mixture constantly to distribute the water.

As you add the water, the fonio will begin to rise and look fluffy. Keep adding water bit by bit until fonio is fluffy and almost twice the original amount in volume. Lower the heat to the lowest setting on the stove, cover the pot and allow fonio to steam for about 10 more minutes.

Make the dressing by combining raw African wild honey, sea salt, and juice of 1 large lemon. Whisk together until smooth.

In a separate bowl, add chopped kale, fonio, mango, halved cherry tomatoes and cilantro. Pour dressing on top of the mixture and toss together. Plate and enjoy!

Easy Vegan Buddha Bowl

Buddha bowls are one of my favorite ways to get all my nutrients at a go. Although there are typically no real rules for what makes a buddha bowl, a simple guiding principle will be to start with a starch. In this case I use wild rice, and add on vegetables, maybe your favorite plant-based protein and a sauce to pull the flavors together. I make use of many fresh ingredients as well as highly packed flavors. I trust you will love it!



What you'll need

Roasted Vegetables

Beets
Squash or Pumpkin
Crushed or Diced Garlic
Olive Oil
Black pepper
Sea Salt
Rosemary
Spring Onions

Massaged Kale Salad

Chopped Kale
Olive Oil
Sea Salt
Sun Dried Tomatoes
Marinated Olives
Marinated Artichokes

Cucumber and Mint Salad

Sliced Cucumber
Mint
Salt

Toasted Egusi

Fresh Whole Egusi
Olive Oil
Salt

Lemon Tahini Dressing

Tahini Butter
Juice of 1 Lemon
Dill
Spring Onions
Water
Habenero

Make It!

Roasted Vegetables

Cut beets and pumpkin into small to medium sized cubes. In a baking pan, combine beets, pumpkin, about a tbsp of olive oil, fresh dill, spring onions, rosemary, diced garlic, black pepper and sea salt. Toss ingredients together to ensure even distribution of spices. Place baking pan filled with ingredients into the oven bake for 25 mins at 200° C or about 400°

Massaged Kale Salad

Combine kale, olive oil and sea salt in a large salad bowl and massage olive oil and salt evenly into chopped kale pieces. Add olives, marinated artichokes and sundried tomatoes to kale toss together and set aside

Cucumber and Mint Salad

Combine sliced cucumber, chopped mint leaves and sea salt, toss together and set aside

Toasted Egusi

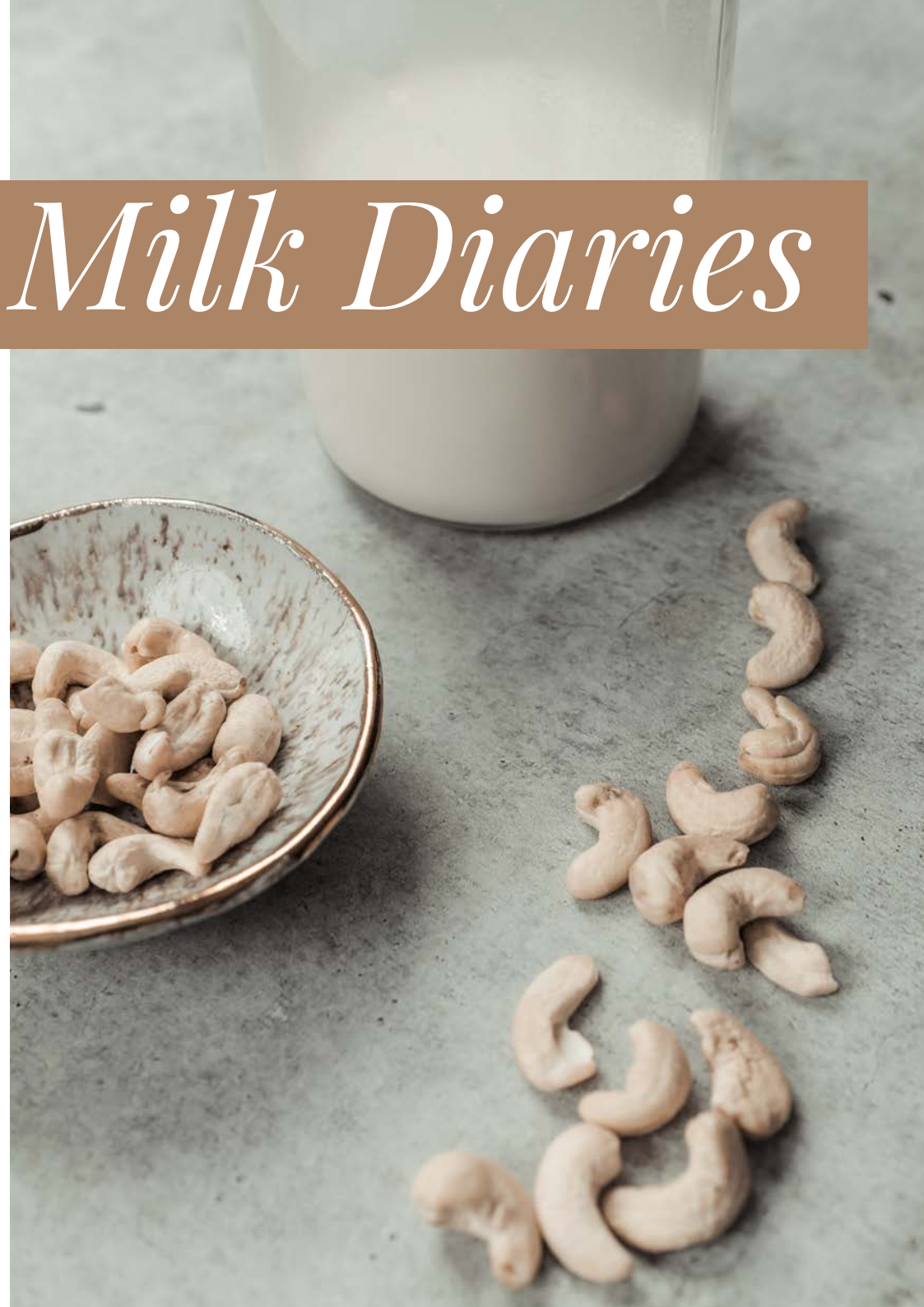
Combine egusi, salt and olive oil. Toss together to spread ingredients evenly in a baking tray and bake in oven for 20 minutes at 100°

Lemon Tahini Dressing

Combine all the ingredients in a high speed blender. Blend until smooth.

In a bowl, top wild rice or your choice of cooked grains with roasted vegetables, massaged kale salad, and cucumber-mint salad. Sprinkle with toasted egusi and drizzle with lemon tahini dressing and enjoy!

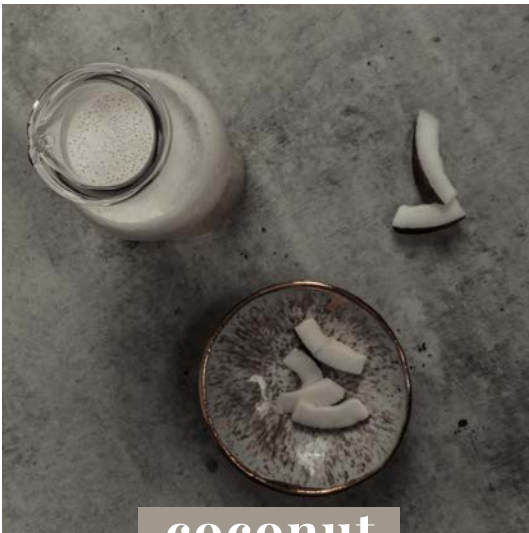
Nut & Seed Milk Diaries



egushi



atadwe



coconut



sesame

Nut & Seed Milk

Before switching to a full plant based diet, I had been drinking soy milk due to lactose intolerance. Nut and seed milks have been one of my favorite things to try since I switched to a plant based diet. Different nuts and seeds offered different flavour profiles, flavors and textures. I often use these milks in my smoothies and my cooking (see Red Red Buddha Bowl).

What you'll need

1 Cup each of:

Fresh Coconut Pieces

Whole Egusi

(soaked for overnight)

Cashews

(soaked overnight)

Sesame Seeds

(soaked overnight)

Tiger Nuts

(soaked overnight)

A pinch of salt

5 dates

Make it!

Throw 1 cup of selected seed or nuts in a high speed blender with 3 cups of water. Add one date and pinch of salt (optional). Blend until smooth. Use a clean cotton kitchen napkin and strainer or nut milk bag to strain milk.

Try not to use your hands to squeeze milk out as transfer of microbes from hands will cause milk to sour quickly. Stored milk (depending on milk, and storage) can last 1- 3 weeks. Some milks like tiger nut milk require freezing in order to last. Keep for future use and freeze chaff for baking or other cooking projects.

*7 day sample
meal plan*



Day 1

*Early Morning: Moringa Morning Booster
Breakfast: Chia Seed Pudding
Lunch: Fonio Mango Salad
Dinner: Easy Vegan Buddha Bowl
Snack: Immune Boosting Smoothie*

Day 2

*Early Morning: Alkalizing Tonic
Breakfast: Red Smoothie Bowl
Lunch: Fonio Waakye with Vegan Shitor
Dinner: Mango Fonio Salad
Snack: Chia Seed Pudding*

Day 3

*Early Morning: Moringa Morning Booster
Breakfast: Paw Paw Smoothie Boats
Lunch: Chia Seed Pudding
Dinner: Fonio Waakye with Vegan Shitor
Snack: Toasted Egusi*

Day 4

*Early Morning: Morning Alkalizing Tonic
Breakfast: Red Smoothie Bowl
Lunch: Red Red Buddha Bowl
Dinner: Fonio Mango Salad
Snack: Chia Seed Pudding*

Day 5

Early Morning: Immune Boosting Smoothie

Breakfast: Chia Seed Pudding

Lunch: Fonio Mango Salad

Dinner: Easy Vegan Buddha Bowl

Snack: Red Smoothie Bowl

Day 6

Early Morning: Immune Boosting Tonic

Breakfast: Paw Paw Smoothie Boats

Lunch: Red Red Buddha Bowl

Dinner: Massaged Kale Salad

Snack: Chia Seed Pudding

Day 7

Early Morning: Morning Alkalizing Tonic

Breakfast: Immune Boosting Smoothie

Lunch: Easy Vegan Buddha Bowl

Dinner: Fonio Mango Salad

Snack: Toasted Egusi



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*with love,
Nana Konamah*



Find Me

 @nanakonamah

 Nana Konamah

 @konamahboateng

 Nana Konamah:
The Glow Up Curator

hey@nanakonamah.com

nanakonamah.com