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Ingredients

- 2 cups wholemeal flour
- ½ teaspoon baking powder
- 3 tablespoons sugar
- 1 teaspoon mixed spices
- ¼ teaspoon cardamom (Iliki) seeds
- 1 cup milk
- Oil for deep frying



Preparation Method

1. Put flour and baking powder in a bowl. Add sugar, mixed spices and iliki seeds mix well.
2. Add milk and some water and knead until smooth and cover for 30 minutes to settle.
3. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
4. Roll on a floured surface and cut into squares.
5. Heat oil for deep frying and cook in batches to golden brown.
6. Serve with tea and coffee see your family enjoy and want more!