

**Recipe Card # 7**

**SATWA**

**Roasted delight of 7 grains**



**Friend's *Fiji Style*® Delights**

**Ingredients :** Friend's *Fiji Style*® Satwa Pack, I cup milk, Sugar Or Friend's *Fiji Style*® Honey.

**Method:** Take half a cereal bowl of Satwa. Add sugar or honey to taste. Pour in milk to mix into a thickish paste. Dig in with a spoon to enjoy the taste of freshly roasted grains.

*Friend's Fiji Style Satwa is prepared from traditional recipe brought to this land by the indentured labourers from India. The hardworking 'girmityas' would use this as a filling, healthy and affordable snack for sustenance while attending to the fields of the colonial masters or doing the back breaking tasks of clearing forests for infrastructure development.*

