

## Stay healthy with friends - Fiji Times Online



Dr Jone Vuli Hawea showcases two of the many FRIEND's Fiji style products. Picture: SUPPLIED

SMALL rounded laddoo that sustained generations of farmers during their hard work on farms in the early days is now available in the market high in protein, local satwa or seven grains from the FRIEND's Fiji style range is distributed Fiji-wide by the Motibhai Group and now available at your nearest supermarket.

Seven grains from rural farms are roasted and packed as multi grain flour that could be mixed with milk and honey or water and sugar to be eaten as cereals or rounded as laddoo to be eaten to sustain one with high energy in any type of work.

Grated cassava used as traditional porridge and an ideal weaning food for babies is also readily available in packets now.

A super-food, grown in abundance around Fiji, cassava is grated, dried and made available as a source of re-hydration and used in a range of menus.

The FRIEND's Fiji style cassava flour is made in a similar manner after extraction of starch. The cassava flour can be used in an array of dishes mixed with other flour for added texture and taste.

Great taste of sun-kissed coconut is now available as desiccated coconuts from communities with abundance of these great healthy nuts.

Fresh Fiji coconuts grated, sundried and blended for a high quality local product, desiccated coconut is ideal for use as fillers, toppings and as ingredients, especially in baking. To boost the immune system and remedies for any health ailments our ancestors have used a range of herbs. Many of these herbs are now available as Fiji cha herbal Infusions, the best of local teas for the discerning tea drinkers in flavours of lemon grass, cinnamon, star apple, rosella, layalaya tea with cinnamon, tulsi and yaqona.

Bananas and pawpaws are two commonly found fruits in Fiji that grow in abundance. Generally these fruits are consumed fresh. However both these fruits also make for perfect dried snacks. They can also be added to your desserts and baking.

Friend's Fiji style products are an initiative of Foundation for Rural Integrated Enterprises &

Development, (FRIEND) a development NGO working with rural and marginalised communities for social and economic empowerment. The foundation was formed in 2001 and has since introduced a number of products including jams, pickles and chutneys, dried fruits, gluten free flour and spices into the market.

"We work with skills and resources of our local communities to develop products that can provide sustainable sources of incomes for families," says FRIEND's founder/director Sashi Kiran.

Friend's Fiji style products are distributed by the Motibhai Group, bringing quality products for you and your family.