



# The Bright Smiles, Bright Futures Family Cookbook





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# Welcome to this family cookbook!

This is a special gift from Colgate's Bright Smiles, Bright Futures program. We believe that a healthy life starts with a bright smile, and a bright smile is built through nutritious meals, healthy habits, and good oral care.

Inside these pages, you'll find wonderful traditional recipes from Africa Eurasia. These meals are easy to prepare, affordable for your household, and designed to be loved by children. They're packed with the goodness your family needs to grow strong, stay healthy, and keep those smiles shining bright.

Let's get cooking!





## Chapter 1: **The Hearty Flavors of Southern Africa**

Welcome to the Rainbow Nation! This chapter is filled with the warm, diverse, and hearty flavors of South Africa.

These recipes are all about bringing the family together through comfort and nourishment.

From kid-friendly bites to healthy new takes on family classics, these meals are perfect for filling hungry tummies, and leaving big smiles behind!





# Easy Bobotie Bites

## What is it?:

A muffin-sized version of the classic South African dish. The mild curry and sweet apricot flavors are a big hit with kids!

## Ingredients:

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 500g lean mince (beef or lentil)
- 1 large carrot, grated
- 1 zucchini (baby marrow), grated
- 2 tbsp mild curry powder
- 1 tsp turmeric
- 1/2 cup raisins or sultanas (optional)
- 1/4 cup apricot jam (or 2 tbsp sugar and 1 tbsp vinegar)
- 1 slice of white or brown bread, soaked in 1/2 cup milk
- 2 eggs
- 1/2 cup milk (for topping)

## Instructions:

- 1** Preheat your oven to 180°C (350°F). Grease a 12-cup muffin tin.
- 2** Heat the oil in a pot and gently fry the onion until soft. Add the mince and cook until browned.
- 3** Add the grated carrot, zucchini, curry powder, and turmeric. Stir for 2 minutes.
- 4** Squeeze the milk from the bread (keep the milk!). Mash the bread and add it to the pot along with the raisins and apricot jam. Mix well and remove from heat.
- 5** Kid's Job: Carefully spoon the mince mixture into the 12 muffin cups.
- 6** In a small bowl, beat the 2 eggs with the 1/2 cup of milk (the one from the bread plus the extra topping milk).
- 7** Pour a little of the egg mixture on top of each bobotie bite.
- 8** Bake for 20-25 minutes, or until the topping is golden and set.

## Bright Smile Tip:

This recipe is packed with protein for building strong muscles, and we've hidden healthy veggies like carrots and zucchini inside! Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way.

# Rainbow Pap n' Wors with Mild Chakalaka

## What is it?:

A true South African staple! We're making the chakalaka (vegetable relish) extra colorful and mild so everyone can enjoy it.

## Ingredients:

- 500g boerewors (or any sausage)
- 2 cups maize meal (pap)
- 4 cups water
- 1 tsp salt
- For the Chakalaka:
- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 large carrots, grated
- 1 can (400g) chopped tomatoes
- 1 can (400g) baked beans in tomato sauce
- 1 tbsp mild curry powder or paprika (optional)

## Instructions:

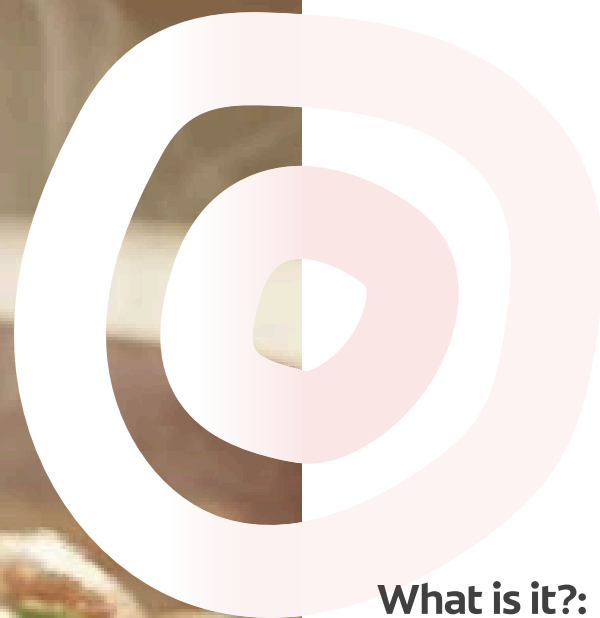
- 1** For the Pap: Bring the 4 cups of water and 1 tsp salt to a boil in a large pot. Slowly pour in the maize meal while whisking constantly to prevent lumps. Reduce heat to low, cover, and let it simmer for 20-25 minutes, stirring occasionally.
- 2** For the Wors: While the pap cooks, grill, fry, or barbecue the wors until cooked through. Cut into kid-friendly pieces.
- 3** For the Chakalaka: Heat the oil in a separate pot. Fry the onion, bell peppers, and carrots until soft (about 5-7 minutes).
- 4** Add the canned tomatoes and curry powder (if using). Let it simmer for 10 minutes.
- 5** Kid's Job: Add the can of baked beans and stir gently. Heat for 2 more minutes.
- 6** Serve a scoop of pap with the wors and a generous helping of rainbow chakalaka.

## Bright Smile Tip:

The "rainbow" of vegetables in the chakalaka provides Vitamin C, which is essential for healthy gums.



# Hearty Somp and Bean Stew (Umngqusho)



## What is it?:

A wonderfully filling and affordable traditional meal. It's packed with fiber and protein to keep kids full and energized for hours.

## Ingredients:

- 1 cup dried samp
- 1 cup dried sugar beans (or any beans)
- 8 cups water (for cooking)
- 1 onion, chopped
- 2 carrots, chopped
- 2 potatoes, cubed
- 1 vegetable stock cube
- 1 tbsp vegetable oil
- Salt and pepper to taste

## Instructions:

- 1** Rinse the samp and beans well. Soak them overnight in a large bowl of water.
- 2** Drain the samp and beans. Place them in a large pot with the 8 cups of fresh water. Bring to a boil, then reduce the heat, cover, and simmer for about 2 hours, or until they start to get tender.
- 3** In a separate small pan, heat the oil and fry the onion, carrots, and potatoes until the onion is soft.
- 4** Add the fried vegetables to the pot with the samp and beans. Crumble in the stock cube.
- 5** Continue to simmer for another 30-40 minutes, or until the samp, beans, and vegetables are all very soft.
- 6** Kid's Job: Stir the stew gently. If it's too thick, add a little more water. Season with a little salt and pepper before serving.

## Bright Smile Tip:

This dish is very high in fiber, which helps keep your whole digestive system healthy and working properly. Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way.





# Baked Vetkoek Pockets

## What is it?:

A healthier, baked version of the famous fried dough. These are light, fluffy, and perfect for stuffing with your favorite healthy fillings.

## Ingredients:

- 3 cups all-purpose flour
- 1 packet (10g) instant dry yeast
- 1 tsp salt
- 1 tbsp sugar
- 1 1/2 cups warm water
- Filling Idea: Leftover Bobotie mince or Chakalaka.

## Instructions:

- 1** In a large bowl, mix the flour, yeast, salt, and sugar.
- 2** Slowly add the warm water, mixing until a soft dough forms.
- 3** Knead the dough on a floured surface for 5-7 minutes, until it is smooth and elastic.
- 4** Place the dough in a lightly oiled bowl, cover with a cloth, and let it rest in a warm place for 1 hour, or until it has doubled in size.
- 5** Preheat oven to 200°C (400°F).
- 6** Punch the dough down. Kid's Job: Help roll the dough out on a floured surface until it's about 1cm thick.
- 7** Use a cup or round cutter to cut out circles. Place the circles on a baking tray.
- 8** Bake for 12-15 minutes, or until golden brown and puffed up.
- 9** Let them cool slightly, then cut a slit in the side to make a pocket. Stuff with your favorite healthy filling.

## Bright Smile Tip:

Baking these instead of frying uses much, much less oil, which is healthier for your heart and body. Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way.



# Quick Chicken & Veggie Potjie

## What is it?:

A fast, stovetop version of the slow-cooked "potjie." It's a one-pot meal that's warming, filling, and loaded with vegetables.

## Ingredients:

- 6-8 chicken pieces (drumsticks or thighs, skin removed)
- 1 tbsp vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, crushed (optional)
- 3 large potatoes, cut into chunks
- 3 large carrots, cut into thick slices
- 1 cup green beans, trimmed
- 1 vegetable or chicken stock cube
- 2 cups hot water
- 1 tbsp cornflour mixed with 2 tbsp water (to thicken, optional)

## Instructions:

- 1** Heat the oil in a large pot or Dutch oven. Brown the chicken pieces on all sides. Remove the chicken and set it aside.
- 2** In the same pot, fry the onion and garlic until soft.
- 3** Dissolve the stock cube in the 2 cups of hot water.
- 4** Return the chicken to the pot. Add the potatoes and carrots. Pour in the hot stock.
- 5** Bring to a boil, then reduce the heat, cover, and simmer for 20 minutes.
- 6** Kid's Job: Add the green beans to the pot.
- 7** Cover and cook for another 10-15 minutes, or until the chicken is cooked through and all the vegetables are tender.
- 8** If you like a thicker gravy, stir in the cornflour mixture and let it bubble for 1 minute.

## Bright Smile Tip:

This one-pot meal is perfectly balanced with protein for strong muscles and vegetables for a healthy immune system.

# Morogo & Pap Muffins

## What is it?:

This is a brilliant way to use up leftover pap and get kids to eat their greens! These are great as a snack or a side dish.

## Ingredients:

- 2 cups cooked, stiff pap, cooled
- 1 large bunch of spinach (or Morogo), washed and finely chopped
- 1 onion, finely chopped
- 1 tbsp vegetable oil
- 1 egg, beaten
- 1/2 cup grated cheese (optional)
- Salt and pepper to taste

## Instructions:

- 1** Preheat oven to 180°C (350°F). Grease a 12-cup muffin tin.
- 2** In a pan, heat the oil and fry the onion until soft. Add the chopped spinach and cook for 3-4 minutes until it has wilted. Let it cool slightly.
- 3** In a large bowl, crumble the cold pap with your fingers.
- 4** Add the cooked spinach and onion mixture, the beaten egg, and the grated cheese (if using).
- 5** Kid's Job: Mix everything together well with your hands!
- 6** Press the mixture firmly into the muffin cups.
- 7** Bake for 20-25 minutes, or until the muffins are firm and slightly golden on top. Let them cool in the tin for a few minutes before removing.

## Bright Smile Tip:

Leafy greens like Morogo or spinach are full of iron and vitamins, which give you energy to run and play! Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way.





# Fish Calulu with Funge

## What is it?:

This is a wonderful and complete traditional meal from Angola. The Calulu is a delicious, healthy stew made with fish and vegetables like okra and sweet potato leaves. The Funge is a soft, warm "swallow" food (like pap or ugali) made from cassava flour, and it's perfect for scooping up every last drop of the stew!

## Ingredients:

- 500g firm white fish (like hake or tilapia), cut into chunks
- 2 tbsp palm oil (or vegetable oil)
- 1 large onion, chopped
- 2 fresh tomatoes, chopped
- 1 tbsp tomato paste
- 1 cup okra, sliced
- 1 large sweet potato, peeled and cubed
- 1 bunch sweet potato leaves (or spinach as a substitute), washed and chopped
- 2 cups water
- Salt to taste
- 2 cups cassava flour (fuba)
- 4 cups water (divided)
- 1/2 tsp salt (optional)

## Instructions:

- 1** First, make the Calulu: In a large pot, heat the palm oil. Add the onion and fry for 5 minutes until soft.
- 2** Add the chopped tomatoes and tomato paste. Cook for 5 more minutes, stirring until it forms a thick sauce.
- 3** Add the sweet potato cubes and the 2 cups of water. Bring to a simmer, cover, and cook for 10 minutes.
- 4** Kid's Job: Carefully add the sliced okra and the chopped sweet potato leaves (or spinach) to the pot. Stir gently.
- 5** Gently place the fish chunks into the stew. Add salt to taste.
- 6** Cover the pot, reduce the heat to low, and let everything simmer for 15-20 minutes, or until the fish is cooked and the vegetables are tender.
- 7** While the Calulu simmers, make the Funge: In a separate pot, bring 3 cups of water (and salt, if using) to a rolling boil.
- 8** In a bowl, mix the 2 cups of cassava flour with the 1 remaining cup of cold water to make a smooth paste.
- 9** Slowly pour the cassava paste into the boiling water, stirring very fast with a strong wooden spoon to prevent lumps.
- 10** Continue stirring vigorously as it thickens (about 3-5 minutes). Reduce the heat to low, cover, and let it steam for 10-15 minutes to cook through.
- 11** Serve: Serve the hot Fish Calulu in bowls with a warm scoop of Funge on the side, perfect for dipping.

## Bright Smile Tip:

This is a perfect team! The fish provides protein for strong teeth, the vegetables are full of vitamins for healthy gums, and the Funge gives you long-lasting energy to play!



# Golden Muamba Chicken

## What is it?:

This is one of Angola's most famous and beloved dishes! It's a rich, "golden" chicken stew made with tender okra and sweet pumpkin, all simmered in a savory tomato and palm oil sauce. It's a perfect, hearty one-pot meal to serve with funge or rice.

## Ingredients:

- 6-8 chicken pieces (drumsticks and thighs work best)
- 2-3 tbsp red palm oil (óleo de palma)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 fresh tomatoes, chopped (or 1/2 can chopped tomatoes)
- 1 cup cubed pumpkin or butternut squash
- 1 cup okra, sliced
- 2 cups chicken stock (or water + 1 stock cube)
- Salt and pepper to taste

## Instructions:

- 1** Season the chicken pieces with a little salt and pepper.
- 2** Heat the red palm oil in a large pot over medium-high heat. Carefully brown the chicken pieces on all sides. Remove the chicken from the pot and set it aside.
- 3** In the same pot, add the chopped onion and fry for 5-7 minutes, until soft. Add the minced garlic and cook for 1 more minute.
- 4** Add the chopped tomatoes and the cubed pumpkin. Stir everything together.
- 5** Pour in the chicken stock and bring it to a simmer.
- 6** Return the browned chicken pieces to the pot. Cover, reduce the heat to low, and let it simmer for 20 minutes.
- 7** Kid's Job: Carefully add the sliced okra to the pot and stir it in gently.
- 8** Put the lid back on and cook for another 15-20 minutes, or until the chicken is cooked through, the pumpkin is soft, and the stew has thickened.
- 9** Serve hot with funge (see previous recipe!) or plain white rice.

## Bright Smile Tip:

The beautiful 'golden' color comes from red palm oil, which is a traditional ingredient packed with Vitamin A. Vitamin A is a superhero for keeping your eyes healthy and your immune system strong!





# Green Velvet Cassava Leaf Stew

## What is it?:

This is a rich, delicious, and super-healthy "green stew" popular all across the region. It's made from pounded cassava leaves, which cook down into a soft, "velvety" stew. We're adding peanut butter to make it extra creamy and kid-friendly!

## Ingredients:

- 1 packet (about 500g) frozen, pounded cassava leaves, thawed
- 500g chicken pieces (or smoked fish, like mackerel)
- 2 tbsp red palm oil (or vegetable oil)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 can (400g) chopped tomatoes
- 2 cups chicken or vegetable stock (or water + 1 stock cube)
- 1/2 cup natural, unsweetened peanut butter
- Salt and pepper to taste

## Instructions:

- 1** Heat the palm oil in a large pot over medium-high heat. If using chicken, season it with salt and brown it in the oil. Remove the chicken and set it aside.
- 2** In the same pot, add the onion and fry for 5-7 minutes until soft. Add the minced garlic and cook for 1 more minute.
- 3** Add the thawed, pounded cassava leaves, the canned tomatoes, and the stock. Stir everything together well.
- 4** Return the browned chicken to the pot (or add the smoked fish now).
- 5** Bring the stew to a boil, then reduce the heat to low. Cover the pot and let it simmer for at least 30-40 minutes. The cassava leaves need this time to become very soft and tender.
- 6** In a small bowl, mix the peanut butter with about 1/2 cup of the hot liquid from the stew. Stir it until it's a smooth paste (this stops it from lumping).
- 7** Kid's Job: Pour the smooth peanut butter paste back into the pot.
- 8** Stir everything together. The stew will become creamy and thick. Let it simmer for another 10 minutes.
- 9** Serve hot with white rice or fufu/ugali.

## Bright Smile Tip:

Cassava leaves are a hidden superpower! They are packed with protein, Vitamin A (for healthy eyes), and Vitamin C (for healthy gums), making this one of the most nutritious stews you can eat.





# Cassava & Balsam Apple

## What is it?:

This is a thick, highly nutritious mash that combines Cassava (a key African root providing concentrated carbohydrates for energy) with Balsam Apple (Bitter Melon). This vegetable is prized for its bitterness and high levels of Vitamin C and powerful antioxidants, making the meal filling and beneficial for health.

## Ingredients:

- Cassava Flour (Farinha de Pau): 2 cups (Energy-dense carbohydrate base.)
- Dried Balsam Apple (Bitter Melon) Flakes: 1/2 cup (Nutrient-rich dried vegetable.)
- Palm Oil (or Groundnut Oil): 1/4 cup (Essential for calories and absorption.)
- Onion Powder: 1/2 tsp
- Garlic Powder: 1/2 tsp
- Salt: To taste.
- Water: 4 cups (Safe, filtered, or stored water.)

## Instructions:

- 1** Place the cassava flour and dried balsam apple flakes in a sturdy bowl.
- 2** Kid's Job: Add 3 cups of water and mix thoroughly until a thick, uniform paste forms.
- 3** Allow the mixture to soak for at least 30 minutes to soften the flakes and thicken the flour.
- 4** Stir in the palm oil, onion powder, garlic powder, and salt.
- 5** Add the remaining water as needed until the mash reaches a thick, porridge-like consistency.
- 6** Serve cold.

## Bright Smile Tip:

Balsam Apple has natural compounds that can help inhibit the growth of oral bacteria, which is excellent for maintaining a balanced mouth flora and contributing to fresh breath.



Chapter 2:

# The nutritious taste of the West

Famous for its bold flavors, West Africa is rich in spices, vibrant colors, and ingredients that have influenced cuisines around the world.

If you're looking to cook something delicious, deeply flavorful, and packed with protein and nutrients, this section offers stews and dishes inspired by the culinary traditions of Nigeria, Côte d'Ivoire, Senegal, and Ghana, dishes that evoke the warmth and richness of West African cooking





# Yam & Egg Stir Fry

## What is it?:

This is a satisfying, high-energy meal based on two core West African staples. Yam provides complex carbohydrates and sustained energy, while the Egg Powder delivers complete, essential protein. The dish relies on flavorful, nutrient-rich palm oil and spices to make it highly palatable.

## Ingredients:

- Dried Yam Flakes or Cubes: 2 cups
- Dried Egg Powder: 1/2 cup
- Palm Oil (or Groundnut Oil): 1/4 cup
- Tomato Powder: 2 tbsp (Or dried tomato flakes)
- Onion Powder: 1 tsp
- Dried Chili Flakes: 1/2 tsp
- Salt: To taste.
- Water: 6 cups

## Instructions:

- 1** Place the dried yam flakes in a pot and cover them with 4 cups of water.
- 2** Place the pot over the fire and bring the water to a vigorous boil. Cook until the yam is soft and tender (30-40 minutes). Drain the yam and mash it lightly or set aside as chunks.
- 3** In a separate bowl, mix the dried egg powder with 1 cup of cold water and salt until a thick, runny batter forms. (Alternatively, beat 4 fresh eggs with salt.) Note: If using fresh eggs, cook immediately.
- 4** Place a separate sturdy pot or pan over the fire. Add the palm oil and heat until shimmering.
- 5** Pour the egg mixture (or beaten fresh eggs) into the hot oil and stir quickly until the egg is cooked and crumbly (like a quick scramble).
- 6** Kids Job: Add the tomato powder, onion powder, chili flakes, and more salt to the cooked egg. Stir to combine.
- 7** Add the cooked, drained yam (flakes or chunks) to the egg and spice mixture. Stir/sauté everything quickly for 2-3 minutes to heat the yam and coat it evenly with the egg and spices.
- 8** Serve hot.

## Bright Smile Tip:

The Egg Powder is an excellent source of Zinc and Vitamin D. Zinc is a critical mineral that actively helps your gum tissue and cheeks repair and heal faster from any minor cuts or irritation.





# Rice & Beans with Fish Stew

## What is it?:

This is a classic African complete meal, combining two of the most vital staples: Rice and Beans. This combination provides the essential complete protein necessary for growth and tissue repair. The Fish adds Omega-3 fatty acids and Vitamin D, making it a powerful source of essential nutrients.

## Ingredients:

- Dried Rice Grain: 1.5 cups
- Dried Beans (Cowpeas/ Black-eyed Peas): 1.5 cups
- Dried Fish Pieces (or Fish Powder): 1/2 lb (225g) (Must be salted/dried.)
- Palm Oil (or Groundnut Oil): 1/4 cup
- Tomato Powder: 2 tbsp (Or dried tomato flakes.)
- Onion Powder: 1 tsp
- Dried Thyme or Curry Powder: 1 tsp
- Salt & Chili Powder
- Water: 6 cups

## Instructions:

- 1** Place the dried fish in a bowl and soak in 2 cups of cold water for 1-2 hours to rehydrate and remove excess salt. Drain the fish and gently shred the meat, removing any bones. (Alternatively, clean, scale, and cut 1/2 lb of fresh fish into small pieces.)
- 2** Place the dried rice and beans in a pot. Add 3 cups of water and soak for 30 minutes to begin softening them.
- 3** Place the pot of rice and beans over a low fire and bring to a simmer. Cook for 30 minutes, adding a little more water if necessary, until they are soft.
- 4** In a separate pot or pan, heat the palm oil over the fire. Add the tomato powder, onion powder, thyme/curry powder, and chili powder. Cook for 2 minutes to create a quick sauce base.
- 5** Add the shredded fish (or fresh fish pieces) and a dash of salt to the sauce base. If using fresh fish, cook for 7-10 minutes until almost done. If using shredded dry fish, cook for 5 minutes.
- 6** Pour the fish stew mixture directly into the pot with the simmering rice and beans. Stir gently to combine everything.
- 7** Cover the pot and let the entire mixture simmer slowly for another 15 minutes until the liquid is fully absorbed and the stew is thick and rich. Serve hot.

## Bright Smile Tip:

The dried fish provides Omega-3 fatty acids, which are fantastic for reducing inflammation throughout the body. This includes your gums, helping to prevent swelling and keep them pink and healthy





# Tuna Pasta

## What is it?:

This is a reliable, complete meal using affordable and durable staples. Pasta provides quick and lasting carbohydrates for energy. The canned tuna (or fish) is an excellent source of essential Protein and high-calorie fats, making it a highly sustaining dish.

## Ingredients:

- Dried Pasta (Macaroni or Spaghetti): 2 cups
- Canned Tuna in Oil: 2 cans
- Tomato Powder: 2 tbsp (Or dried tomato flakes.)
- Onion Powder: 1 tsp
- Dried Parsley or Basil: 1 tsp
- Vinegar or Dried Lemon/ Lime Juice Powder: 1/2 tsp
- Salt & Pepper/Chili Flakes: To taste.
- Water: 6 cups

## Instructions:

- 1** Place the water in a large pot and bring to a vigorous boil over a fire or charcoal source.
- 2** Add the dried pasta and a dash of salt to the boiling water. Cook until the pasta is tender (7–12 minutes, depending on the type).
- 3** Once cooked, carefully drain the pasta completely and set aside.
- 4** Open the canned tuna. Drain the liquid/oil from one can into the empty pasta pot, but keep the tuna meat in the bowl.
- 5** Place the pot with the tuna oil back on the fire (low heat). Stir in the tomato powder, onion powder, dried herbs, and chili flakes. Cook for 1 minute to form a quick sauce.
- 6** Remove the pot from the fire. Add the tuna meat (from both cans), the cooked pasta, and the vinegar/juice powder to the pot.
- 7** Kids Job: Mix everything thoroughly until the pasta is coated and the tuna is well distributed.
- 8** Serve warm or let cool completely to serve as a cold salad.

## Bright Smile Tip:

The Tuna is naturally rich in B vitamins (like Niacin and B12). These are essential for maintaining the moist, healthy lining of your mouth and gums, helping to prevent dry mouth and inflammation.



# Maafe Groundnut Stew

## What is it?:

This hearty, rich stew is central to West African cuisine. It uses Groundnut Paste (peanut butter) as a thickener and flavor base, providing massive amounts of Protein, healthy Monounsaturated Fats, and B Vitamins. It is extremely calorically dense, making it one of the most sustaining meals possible for labor and energy.

## Ingredients:

- Roasted Groundnut Paste (Peanut Butter): 1 cup (Must be natural, pure paste/butter.)
- Dried/Salted Meat or Fish: 1/2 lb (225g) (Must be cured/dried beforehand.)
- Tomato Powder: 3 tbsp (Or dried tomato flakes/paste.)
- Onion Powder: 1 tsp
- Garlic Powder: 1 tsp
- Water: 5-6 cups
- Dried Chilies or Chili Powder
- Salt
- Dried Yam or Cassava Chunks: 1 cup (Optional, for bulk; must be pre-cooked and dried.)

## Instructions:

- 1** Place the dried meat/fish in a bowl and soak in 2 cups of cold water for 1-2 hours to rehydrate and remove excess salt. Drain and shred/chop the meat or fish. (Alternatively, use fresh meat/fish, cutting it into small pieces.)
- 2** Place a large pot over a low fire. Add 2 cups of water and bring to a gentle simmer.
- 3** Add the tomato powder, onion powder, garlic powder, and chili powder to the simmering water. Stir well.
- 4** Slowly whisk the groundnut paste into the simmering liquid until it is completely dissolved and the stew base is uniform and smooth.
- 5** Kids Job: Add the shredded meat/fish (or fresh pieces) and the dried yam/cassava chunks (if using) to the pot.
- 6** Add the remaining water (up to 3 cups), depending on how thick you want the stew. Add salt to taste.
- 7** Cover the pot and let the Maafe simmer slowly for 60-90 minutes over low heat, stirring occasionally to prevent the groundnut paste from sticking to the bottom. Serve hot

## Bright Smile Tip:

The Groundnuts (peanuts) are naturally rich in Magnesium and Phosphorus. These minerals work alongside Calcium (from other staples) to build and maintain strong bones, ensuring a solid foundation for healthy teeth.





# Chicken Yassa

## What is it?:

Originating in Senegal and common across West Africa, this is a distinct, savory stew defined by the sharp, caramelized flavor of onion and the tangy acidity of lemon or vinegar. It is a potent source of Protein (chicken/meat) and utilizes onions and spices (like mustard/turmeric) for concentrated flavor and warmth.

## Ingredients:

- Dried/Salted Chicken Pieces, OR Fresh Chicken: 1 lb (450g)
- Dried Onion Flakes: 1 cup (Or fresh)
- Palm Oil (or Groundnut Oil): 1/4 cup
- Vinegar (or Dried Lemon/Lime Juice Powder): 3 tbsp
- Mustard Powder (or Dried Turmeric/Curry Powder): 1 tsp
- Water: 4-5 cups
- Salt & Dried Chilies/Black Pepper

## Instructions:

- 1** Place the dried chicken in a bowl and soak in 2 cups of cold water for 1-2 hours to rehydrate and remove excess salt. Drain and cut into small pieces. (Alternatively, use fresh chicken, cutting it into small pieces.)
- 2** Kids Job: In a bowl, mix the vinegar/juice powder with 1 cup of water to create the marinade.
- 3** Add the chicken, onion flakes, and mustard/curry powder to the marinade. Stir and let sit for at least 30 minutes. This simulates the traditional marinating step.
- 4** Place a large pot over a low fire. Add the oil and heat until warm.
- 5** Add the entire chicken and marinade mixture (including the liquid) to the pot.
- 6** Add the remaining water (up to 2 cups), ensuring the stew is loose. Add salt and chilies to taste.
- 7** Cover the pot and let the Yassa simmer slowly for 45-60 minutes over low heat, stirring occasionally until the chicken is tender and the onion flakes have fully softened and thickened the sauce. Serve hot.

## Bright Smile Tip:

The essential vinegar or lemon base of Yassa is fantastic for oral health! The acidity instantly stimulates saliva production, which is your mouth's best natural defense, helping to rinse away food debris and neutralize bacteria.







# Sauce d'arachide peanut soup with chicken and *fufu*

## What is it?:

This combination is the definition of a sustaining West and Central African meal. The Groundnut Soup is a massive source of Protein, B Vitamins, and healthy Monounsaturated Fats, essential for energy. The Fufu (made from yam or cassava flour) provides the necessary bulk and complex carbohydrates.

## Ingredients:

- Roasted Groundnut Paste (Peanut Butter): 1 cup (Must be natural, pure paste/butter.)
- Dried/Salted Meat or Fish Powder, OR Fresh Meat/ Fish: 1/2 cup powder or 1/2 lb meat.
- Tomato Powder: 3 tbsp (Or fresh)
- Onion Powder: 1 tsp
- Garlic Powder: 1 tsp
- Water: 5-6 cups
- Dried Red Chili Flakes
- Salt
- Cassava or Yam Flour: 2 cups
- Boiling Water: 4-5 cups

## Instructions:

- 1** If using dried meat/fish powder, proceed to step 3. If using dried chunks, soak them in 2 cups of cold water for 1-2 hours to rehydrate and remove excess salt, then drain and chop. (If using fresh meat/fish, cut into small pieces.)
- 2** Place a large pot over a low fire. Add 2 cups of water and bring to a gentle simmer.
- 3** Add the tomato powder, onion powder, garlic powder, and chili flakes to the simmering water. Stir well.
- 4** Slowly whisk the groundnut paste into the simmering liquid until it is completely dissolved and the soup base is uniform and smooth.
- 5** Kids Job: Add the protein (powder or meat/fish pieces) to the pot.
- 6** Add the remaining water (up to 3 cups), depending on how thick you want the soup. Add salt to taste.
- 7** Cover the pot and let the soup simmer slowly for 60–90 minutes over low heat, stirring occasionally to prevent the paste from sticking to the bottom.
- 8** Boil the water vigorously in a separate pot using the fire/charcoal.
- 9** Remove the boiling water from the heat. Slowly add the cassava or yam flour while vigorously stirring with a sturdy wooden stick or spoon.
- 10** Continue to stir and mash until a very stiff, smooth dough is formed.
- 11** Serve the Fufu immediately in large scoops next to the hot Sauce d'Arachide.

## Bright Smile Tip:

The Groundnut Paste is rich in Magnesium and Phosphorus. These minerals are vital structural components of your tooth enamel and jawbone, working to keep your smile foundation incredibly strong.



### Chapter 3:

# The Vibrant Tastes of East Africa

From the rich, savory stews of Nigeria, Ghana, and Cameroon to the wholesome, life-giving staples of Kenya & Tanzania this chapter is a celebration of flavor!

These recipes are colorful, smart, and use affordable ingredients like beans, rice, and peanuts to create truly delicious and nutritious meals.







# Easy Chicken Jollof Rice



## What is it?:

A world-famous one-pot rice dish from West Africa. This version is made mild, with a rich tomato and pepper flavor that kids love.

## Ingredients:

- 2 cups long-grain rice, rinsed
- 500g chicken (thighs or drumsticks)
- 2 tbsp vegetable oil
- 1 large onion, chopped
- For the Sauce Blend:
- 1 can (400g) chopped tomatoes
- 1 red bell pepper (not spicy)
- 1/2 onion
- 1 tbsp tomato paste
- 2 1/2 cups chicken stock
- 1 tsp mild curry powder
- 1/2 tsp dried thyme
- Salt to taste

## Instructions:

- 1** Season the chicken pieces with salt. Heat 1 tbsp of oil in a large pot and brown the chicken on all sides. Remove and set aside.
- 2** In a blender, combine all the "Sauce Blend" ingredients (canned tomatoes, red pepper, 1/2 onion). Blend until smooth.
- 3** In the same pot, add the other 1 tbsp of oil and fry the large chopped onion until soft.
- 4** Pour in the blended sauce. Add the tomato paste, curry powder, and thyme. Fry the sauce for 10-15 minutes, stirring often, until it deepens in color.
- 5** Add the hot stock and the rinsed rice. Stir well.
- 6** Return the browned chicken pieces to the pot, pushing them down into the rice.
- 7** Bring to a boil, then cover with a tight lid, reduce heat to low, and cook for 25-30 minutes. Do not lift the lid!
- 8** Turn off the heat, let it rest for 10 minutes, then fluff with a fork.

## Bright Smile Tip:

This is a great, balanced one-pot meal! For an extra vitamin boost, stir in a cup of frozen peas or sweetcorn near the end of cooking.





# Creamy Groundnut Peanut Stew

## What is it?:

A rich, savory, and satisfying stew popular across West and East Africa. The creamy peanut sauce and sweet potatoes are a delicious combination.

## Ingredients:

- 500g chicken, cut into pieces
- 1 tbsp vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 1-inch piece of ginger, grated (optional)
- 1/2 cup natural, unsweetened peanut butter
- 1 can (400g) chopped tomatoes
- 3 cups chicken or vegetable stock
- 2 large sweet potatoes, peeled and cubed
- Salt and pepper to taste

## Instructions:

- 1** Heat the oil in a large pot. Brown the chicken pieces, then remove.
- 2** In the same pot, fry the onion, garlic, and ginger until soft.
- 3** In a small bowl, mix the peanut butter with 1 cup of the warm stock until it's a smooth paste.
- 4** Add the peanut butter paste, the canned tomatoes, and the rest of the stock to the pot. Stir well.
- 5** Return the chicken to the pot. Add the cubed sweet potatoes.
- 6** Bring to a simmer, then cover, reduce heat, and cook for 25-30 minutes, or until the chicken is cooked and the sweet potatoes are tender.
- 7** Kid's Job: Stir the stew to make sure it's not sticking.
- 8** Serve hot with rice or ugali.

## Bright Smile Tip:

Sweet potatoes are full of Vitamin A for healthy eyes. The healthy fats in natural peanuts give your brain and body long-lasting energy.



# Baked Kelewele Sweet Plantain Bites

## What is it?:

A healthy, baked version of the popular Ghanaian street food. The plantains become sweet and caramelized without any of the oil from frying.

## Ingredients:

- 3 very ripe plantains (the skin should be yellow with black spots)
- 1 tbsp vegetable oil
- 1 tsp ginger powder
- 1/2 tsp onion powder
- (Optional: A tiny pinch of cayenne pepper for brave eaters!)

## Instructions:

- 1** Preheat your oven to 200°C (400°F). Line a baking tray with baking paper.
- 2** Peel the plantains and cut them into small, bite-sized cubes.
- 3** In a large bowl, add the plantain cubes, oil, ginger powder, and onion powder.
- 4** Kid's Job: Use your hands to toss the plantains so they are all lightly coated in the oil and spices.
- 5** Spread the plantains in a single layer on the baking tray.
- 6** Bake for 15-20 minutes, flipping them over halfway through, until they are golden brown and caramelized at the edges.
- 7** Serve warm as a snack or a side dish.

## Bright Smile Tip:

aking these sweet plantains instead of deep-frying them makes this a much healthier treat for your heart and body. Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way. If you prefer, you can also roast them!





# Power-Up Ugali & Bean Stew

## What is it?:

A staple across East and Southern Africa (known as Ugali, Nsima, or Sadza). It's served with a simple, high-protein bean stew packed with healthy greens.

## Ingredients:

- X2 cups white maize meal
- 4 cups water
- For the Stew:
- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 can (400g) chopped tomatoes
- 2 cans (400g each) beans (kidney, pinto, or black-eyed peas), drained
- 1 bunch of spinach or kale (sukuma wiki), washed and chopped
- 1 cup water or stock

## Instructions:

- 1** For the Stew: Heat the oil in a pot. Fry the onion until soft.
- 2** Add the canned tomatoes and cook for 5 minutes.
- 3** Add the drained beans and the 1 cup of water/stock. Bring to a simmer.
- 4** Kid's Job: Add the chopped spinach or kale to the pot. Stir it in until it wilts (about 3-4 minutes). Season with a little salt.
- 5** For the Ugali: While the stew simmers, bring the 4 cups of water to a boil in a separate pot.
- 6** Slowly pour in the maize meal, stirring constantly with a wooden spoon to prevent lumps.
- 7** Continue to stir as the mixture thickens (about 3-5 minutes).
- 8** Reduce the heat to low, cover, and let it steam for 10-15 minutes. It should be thick and firm.
- 9** Serve the bean stew alongside scoops of the hot ugali.

## Bright Smile Tip:

Beans and greens are a power-duo! Beans provide protein for strong muscles, and greens (like sukuma wiki) give you vitamins to help fight off sickness.



# Simple *Moi Moi* Cups

## What is it?:

A high-protein, steamed bean pudding from Nigeria. Steaming them in muffin tins or small cups makes perfect, kid-friendly portions.

## Ingredients:

- 2 cups dried black-eyed peas, soaked overnight (or 2 cans, drained)
- 1 red bell pepper, roughly chopped
- 1 small onion, roughly chopped
- 2 tbsp vegetable oil
- 1/2 cup warm water or stock
- Salt to taste
- (Optional: 1 hard-boiled egg, chopped)

## Instructions:

- 1** If using dried peas, drain them and gently rub them together to remove the skins. Rinse well.
- 2** Place the skinned peas (or drained canned peas), red pepper, and onion in a blender.
- 3** Add the oil and water/stock. Blend until you have a very smooth, pancake-like batter.
- 4** Pour the batter into a bowl. Stir in the salt and the chopped hard-boiled egg (if using).
- 5** Grease a 12-cup muffin tin very well with oil.
- 6** Kid's Job: Pour the batter into the muffin cups, filling them about 3/4 full.
- 7** Tightly cover the entire muffin tin with foil.
- 8** Place the tin in a larger roasting pan. Carefully pour hot water into the roasting pan (not the cups) until it comes halfway up the sides of the muffin tin. This creates a steam bath.
- 9** Carefully place the whole thing in a 180°C (350°F) oven and bake for 40-50 minutes, or until the *Moi Moi* are firm.
- 10** Let cool for a few minutes before running a knife around the edge to remove.

## Bright Smile Tip:

This is a super-protein snack! Protein is the main building block for your entire body, including your gums and jaw. Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way.





# Baked Tilapia with Simple *Kachumbari*

## What is it?:

A light, healthy, and affordable meal. Tilapia is a common fish in East Africa, and it's baked with simple seasonings. The fresh Kachumbari (tomato and onion salad) adds a bright, zesty flavor.

## Ingredients:

- 4 tilapia fillets (or any other white fish)
- 1 lemon
- 1 tbsp vegetable oil
- Salt and pepper
- For the Kachumbari:
- 3 ripe tomatoes, finely diced
- 1 small red onion, very finely diced
- 1/2 cup chopped fresh coriander (cilantro)
- Juice of 1/2 lemon
- 1 tbsp olive or vegetable oil

## Instructions:

- 1** Preheat oven to 200°C (400°F).
- 2** Place the fish fillets in a baking dish. Drizzle with 1 tbsp of oil, squeeze the juice of half the lemon over them, and season with salt and pepper.
- 3** Bake for 12-15 minutes, or until the fish is white and flakes easily with a fork.
- 4** While the fish is baking, make the kachumbari.
- 5** Kid's Job: In a small bowl, gently mix the diced tomatoes, diced red onion, and chopped coriander.
- 6** Drizzle the kachumbari with the lemon juice and oil, and add a tiny pinch of salt.
- 7** Serve the hot baked fish with the fresh, cool kachumbari on top or on the side. This is delicious with ugali or rice.

## Bright Smile Tip:

Fish like Tilapia has special "brain food" (Omega-3s) that helps you learn and think. The fresh tomato salad is full of vitamins. Plus, if you don't have an oven, you can use a stone oven or a large pot with a lid. These alternatives can mimic the function of a traditional oven, allowing you to cook food and pastries perfectly this way.





## Chapter 4: **The warmth of Central Africa**

Characterized by rich flavors, the ingredients from Cameroon and Gabon are at the heart of these recipes, but with a little twist you might find interesting: they're all warm and mild!

We understand that sometimes, after a dental procedure or when dealing with a toothache, eating can become a challenge. That's why we've included suggestions that are gentle on your teeth and stomach, yet full of nourishment and flavor.







# Gabon Manioc & Dried Fish Porridge



## What is it?:

This is a staple meal from Gabon (Central Africa). It combines Manioc (cassava), a fundamental source of carbohydrates and energy, with Dried Fish, a concentrated source of highly essential Protein and Omega-3 fats. The dish provides quick energy and critical nutrients in a single, sustained meal.

## Ingredients:

- Manioc Flour (Cassava Flour): 2 cups
- Dried Fish Pieces (or Fish Powder): 1/2 cup (Salted/ dried fish)
- Palm Oil (or Groundnut Oil): 1/4 cup
- Tomato Powder: 2 tbsp
- Onion Powder: 1 tsp
- Garlic Powder: 1/2 tsp
- Salt & Dried Chili Flakes
- Water: 6 cups

## Instructions:

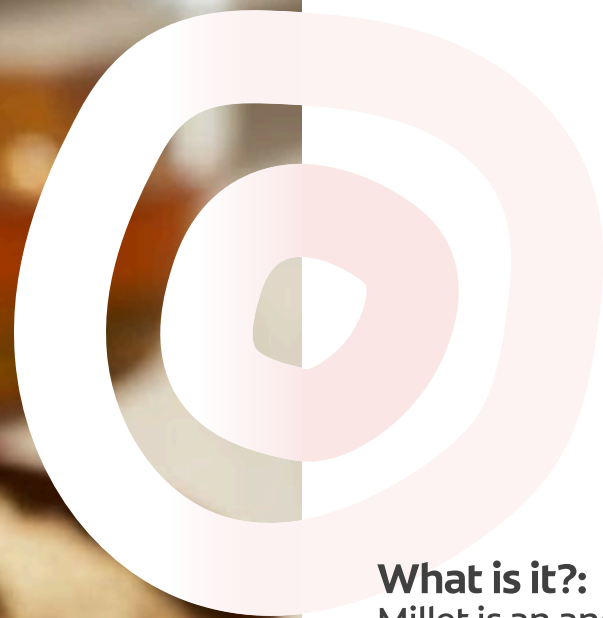
- 1** Place the dried fish in a bowl and soak in 2 cups of cold water for 1-2 hours to rehydrate and remove excess salt. Drain the fish and gently shred the meat, removing any bones. (Alternatively, clean and cut 1/2 cup of fresh fish into small pieces.)
- 2** Place 4 cups of water in a pot and bring it to a boil over a fire. Reduce the heat to a simmer.
- 3** Kid's Job: In a separate bowl, mix the Manioc Flour with 1 cup of cold water until a smooth, thin paste forms.
- 4** Slowly pour the Manioc paste into the simmering water, stirring constantly. Continue stirring until the mixture thickens into a thick, uniform porridge.
- 5** Add the shredded fish (or fresh fish pieces), palm oil, tomato powder, onion powder, garlic powder, salt, and chili flakes to the pot.
- 6** Stir well to distribute the ingredients. Cover the pot and let the porridge simmer slowly for 20-30 minutes over low heat, stirring occasionally.
- 7** Serve hot.

## Bright Smile Tip:

The Dried Fish is rich in Vitamin D, a nutrient critical for your body to absorb the Calcium and Phosphorus necessary to keep your teeth and jawbone strong and healthy.



# Millet and Honey Energy Porridge



## What is it?:

Millet is an ancient grain rich in Iron and B vitamins, vital for energy production and fighting fatigue. Groundnuts provide complete protein and magnesium. This combination delivers sustained, slow-release energy.

## Ingredients:

- Millet Flour: 2 cups
- Honey or Sugar: 1/4 cup (Or mashed dried dates/raisins for sweetness.)
- Groundnut Powder (Peanut Powder): 1/2 cup
- Salt: 1/2 tsp.
- Water: 3 cups

## Instructions:

- 1** In a clean bowl, mix the millet flour with the salt.
- 2** Slowly add the water while mixing continuously to prevent lumps. The mixture should be thick like a heavy soup.
- 3** Cover the bowl and let it soak overnight (or at least 4 hours) to soften the grain and allow for partial fermentation/digestion.
- 4** Kids Job: Just before serving, stir in the honey and groundnut powder. Add a tiny splash more water if it is too stiff.
- 5** Serve cold.

## Bright Smile Tip:

The high Iron content in the millet is essential for healthy circulation throughout your body, including to your gums, helping them stay pink, firm, and resistant to disease.





# Coastal Coconut-Date Energy Bars

## What is it?:

These bars are extremely calorically dense, offering sustained energy from the fat in the coconut and immediate fuel from the sugar in the dates. They also provide fiber, which aids digestion.

## Ingredients:

- Dried Coconut Flakes (unsweetened): 2 cups
- Dried Dates: 1 cup (Remove pits)
- Dried Mango or Apricot Pieces: 1/2 cup (optional)
- Groundnut Powder or Sesame Seeds: 1/2 cup
- Small amount of Water: As needed

## Instructions:

- 1** Place the pitted dates in a bowl. Add a very small amount of water (just enough to make them sticky) and mash them into a thick, uniform paste.
- 2** Kids Job: In a large bowl, mix the dried coconut flakes, dried mango/apricot pieces, and groundnut powder/sesame seeds.
- 3** Add the mashed date paste to the dry mixture.
- 4** Mix vigorously with your hands until a stiff, very sticky dough forms that holds together when squeezed.
- 5** Press the mixture firmly into a clean, flat surface and cut into small squares or roll into balls.
- 6** Set the bars/balls aside to air-dry slightly (sun-dry if possible) for a few hours before eating.

## Bright Smile Tip:

The natural sweetness of dates reduces the need for refined sugar, which is better for your teeth as it lowers the overall stickiness and acid-producing food residue left in your mouth.





# Sorghum and Cowpeas Cold Salad

## What is it?:

This combination is a traditional African way to achieve a complete protein meal, essential for growth and repair. Sorghum is a great source of Fiber and antioxidants, while Cowpeas deliver Folate and Zinc. This combination delivers sustained, slow-release energy.

## Ingredients:

- Dried Sorghum Grain: 1 cup (Must be pre-cooked and dried, or use canned.)
- Dried Cowpeas (Black-eyed Peas): 1 cup (Must be pre-cooked and dried, or use canned.)
- Dried Onion Flakes: 2 tbsp (Or fresh onion, if available.)
- Palm Oil (or Groundnut Oil): 1/4 cup
- Vinegar or Dried Lime/ Lemon Juice Powder: 1 tsp
- Garlic Powder & Chili Flakes
- Salt

## Instructions:

- 1** Place the dried sorghum and cowpeas in a bowl. Add the water and dried onion flakes. Let soak for at least 30 minutes until softened.
- 2** Kids Job: Drain any excess water.
- 3** In a clean bowl, combine the soaked ingredients.
- 4** Drizzle the mixture generously with palm oil and add the vinegar/juice powder, garlic powder, chili flakes, and salt.
- 5** Mix thoroughly. Allow the salad to sit for 10 minutes to let the flavors blend before serving cold.

## Bright Smile Tip:

The high fiber and slightly firm texture of the sorghum and cowpeas acts as a natural scrubber on your teeth as you chew, helping to clean the surfaces and stimulate healthy gum circulation.





## Chapter 5:

# The Aromatic Tastes of the Maghreb

Get ready for the fragrant and flavorful dishes of the Maghreb! This chapter features delicious, family-friendly recipes from Morocco and Tunisia.

These meals use mild spices, healthy vegetables, and smart-cooking techniques to create dishes that are exciting for little ones and nutritious for the whole family.







# Fruit Punch

## What is it?:

This is a refreshing, naturally sweet punch inspired by the citrus groves of Morocco and the date palms of Tunisia. It relies on mashing and soaking, requiring no special equipment, only simple utensils.

## Ingredients:

- Large Oranges: 4 (For juice)
- Large Lemons: 2 (For juice)
- Safe, Filtered Water: 6 cups
- Soft, Pitted Dates (packed): 1 cup
- Fresh Mint Leaves: 1/2 cup (For aroma and flavor)
- Ground Cinnamon: 1/2 teaspoon
- Ground Ginger: A pinch (Optional aromatic)
- Honey or Sugar: To taste (Optional, if dates are not sweet enough)
- Pomegranate Seeds (Rumman): 1/2 cup (Optional garnish)
- Thin slices of fresh Orange and Lemon: (Optional garnish.)

## Instructions:

- 1** Place the pitted dates in a small, clean bowl. Add about 1 cup of the filtered water and let them soak for 15-20 minutes until very soft. Using a fork or a clean, wooden spoon, mash the dates into a thick, smooth paste.
- 2** Cut the oranges and lemons in half and use a wooden citrus press or simply squeeze the juice by hand into a large, clean serving pitcher. Strain the juice through a fine cloth or sieve to remove any large seeds or pulp.
- 3** Add the remaining 5 cups of water to the pitcher with the citrus juice. Kids Job: Stir in the date mash until it is fully dissolved into the liquid.
- 4** Gently bruise the mint leaves (by crushing them lightly between your fingers or gently pressing them with a spoon) and add them to the pitcher. Stir in the Orange Blossom Water, Cinnamon, and Ginger.
- 5** Taste the punch. If it needs additional sweetness, stir in small amounts of honey or sugar until dissolved.
- 6** Let the punch sit for at least 30 minutes to allow the mint and spices to infuse. If safe cold storage is available, chill before serving. If not, serve immediately over small clean pieces of ice (if available) or simply at room temperature.
- 7** Just before serving, stir in the Pomegranate Seeds and add the fresh Orange and Lemon slices to the pitcher.

## Bright Smile Tip:

Oranges and lemons are powerhouse sources of Vitamin C (ascorbic acid). This vitamin is critical for the production of collagen, the main protein that forms and maintains healthy gum tissue, making them stronger and more resistant to disease like gingivitis.



# Hssoua Belboula Moroccan Barley Soup with Milk

## What is it?:

This is a comforting, traditional Moroccan porridge or thick soup made from fine barley semolina (belboula) cooked gently in milk or water. It is highly nourishing, easily digestible, and often served warm for breakfast

## Ingredients:

- Barley Grits (medium caliber): 1.5 cups
- Safe, Filtered Water: 8.5 cups
- Olive Oil: 3 tbsp
- Salt: 1 tbsp
- Cumin: 2 tsp
- Black Pepper: To taste
- Whole Milk (or Powdered Milk mixed with water): 2 cups
- Butter (unsalted): 2 tbsp
- Evaporated Milk:: 5 to 6 oz

## Instructions:

- 1** Kids Job: Pick through the barley to remove any debris. Wash the barley grits several times in a large bowl filled with water, draining each time through a sieve, until the water is no longer cloudy.
- 2** In a sturdy stock pot, mix the washed barley grits, water, olive oil, salt, pepper, and cumin.
- 3** Bring the mixture to a simmer and cook over medium-low heat (using fire/charcoal) for 30 to 40 minutes, or until the soup is thick like porridge and the grains are tender. Stir several times during cooking to prevent sticking.
- 4** Stir in the milk (whole or prepared powdered milk) and bring to a simmer again for a few minutes.
- 5** Turn off the heat, and stir in the butter and evaporated milk.
- 6** Taste and adjust seasoning as desired. If you like, garnish each serving with a little cumin and olive oil or a bit of butter.

## Bright Smile Tip:

Because Hssoua Belboula is a soft, non-acidic, and filling food, it is an excellent gentle meal to eat if you have painful gums or tooth sensitivity. Its smooth texture ensures you get vital nutrients without irritating delicate mouth tissues.



# Fish Tagine *Hout Tajine*

## What is it?:

This recipe brings together the bright, preserved lemons of Morocco and the fiery kick of Tunisian harissa, perfect for slow cooking over a simple charcoal or wood fire.

## Ingredients:

- Firm white fish fillets or steaks (such as cod, snapper, or sea bream) 1.5 lbs (about 680g)
- Garlic, crushed or very finely minced: 4 Cloves
- Ground Cumin: 1 teaspoon
- Ground Paprika (or Smoked Paprika for depth): 1 teaspoon
- Turmeric Powder: 1/2 teaspoon
- Chili Powder or Tunisian Harissa Paste (1 teaspoon, adjust to taste): 1/4 teaspoon
- Cilantro and Parsley, finely chopped: 1/4 cup (fresh)
- Juice of 1 fresh Lemon
- Olive Oil: 1/4 cup
- Salt and Black Pepper to taste
- 2 large Tomatoes, sliced into thick rounds
- 1 large Onion, sliced thinly
- 2 large Carrots, sliced into thick rounds
- 1 cup Potatoes, cubed (optional, for bulk)
- 1/2 cup Green Olives
- 1/2 of a preserved Moroccan Lemon, rinsed and cut into quarters (discarding pulp, keeping rind)
- 1/2 cup Water (or vegetable/ fish broth, if available)

## Instructions:

- 1** Mix the fish with crushed garlic, lemon juice, olive oil, and all spices (Cumin, Paprika, Turmeric, Salt, Pepper). Rub well.
- 2** Drizzle the tagine pot with oil. Lay the sliced onions on the bottom. Add the sliced carrots.
- 3** Arrange sliced tomatoes on top of the carrots. Place the marinated fish over the tomatoes. Scatter the olives and pieces of preserved lemon rind over the fish.
- 4** Pour 1/2 cup of water down the side of the pot. Cover tightly. Place over very low, gentle heat (like cool charcoal or a low fire).
- 5** Cook for 60-90 minutes. Do not lift the lid—let the steam cook the food. The fish is ready when flaky and vegetables are soft. Serve directly from the pot with dry bread

## Bright Smile Tip:

Fish is an excellent source of Omega-3 fatty acids and Vitamin D. These nutrients are crucial for reducing gum inflammation and helping your jawbone stay strong, supporting healthy teeth.





# Simple Chicken and Vegetable Couscous

## What is it?:

A one-pot wonder! Fluffy couscous topped with a mild, aromatic stew of chicken, chickpeas, and sweet vegetables.

## Ingredients:

- 1 1/2 cups couscous (whole-wheat if possible)
- 1 1/2 cups hot vegetable stock or water
- 2 tbsp vegetable oil
- 500g chicken breast or thighs, cut into bite-sized pieces
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tsp cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 2 large carrots, cut into chunks
- 2 zucchinis, cut into chunks
- 1 can (400g) chickpeas, drained and rinsed
- 1 can (400g) chopped tomatoes

## Instructions:

- 1** Heat 1 tbsp of oil in a large pot. Brown the chicken pieces, then remove and set aside.
- 2** Add the other 1 tbsp of oil and fry the onion until soft. Add the garlic and spices (cumin, coriander, turmeric) and cook for 1 minute until fragrant.
- 3** Add the carrots, zucchini, canned tomatoes, and the cooked chicken. Add about 1 cup of water, cover, and let it simmer for 20 minutes.
- 4** Add the chickpeas and cook for another 5-10 minutes, until the chicken is cooked through and the vegetables are tender.
- 5** For the couscous: Put the dry couscous in a large bowl. Pour the 1 1/2 cups of hot stock or water over it. Cover the bowl with a plate and let it sit for 5-10 minutes.
- 6** Kid's Job: Fluff the couscous with a fork.
- 7** Serve the fluffy couscous in bowls, topped with the chicken and vegetable stew.

## Bright Smile Tip:

Chickpeas add amazing plant-based protein and fiber, helping to build a strong body and keep your digestive system happy.





# Sweet Carrot Salad

## What is it?:

This is a cooling, naturally sweet Maghreb-inspired salad, often served as a dessert or side dish. It combines raw, shredded carrots with the bright acidity of orange juice and the warming spice of cinnamon, providing quick energy and essential vitamins without any cooking.

## Ingredients:

- 500g carrots
- Juice of 2 to 3 oranges (about 250ml)
- 2 tablespoons of orange blossom water
- 1 teaspoon of ground cinnamon
- 1 to 2 tablespoons of sugar (optional, depending on taste and the sweetness of the oranges)
- For an extra touch of flavor, you can add a few raisins or some chopped walnuts before serving.

## Instructions:

- 1** Wash and peel the carrots. Grate them coarsely using a box grater or a food processor.
- 2** Squeeze the remaining oranges to get the necessary juice.
- 3** In a small bowl, mix the orange juice, orange blossom water, and ground cinnamon. If you're using sugar, add it now and stir until it's dissolved.
- 4** Mix well to ensure the carrots are well-coated with the juice.
- 5** Cover the bowl and place it in the refrigerator for at least 1 hour, or ideally 4 hours, to allow the flavors to meld and for the salad to chill thoroughly.

## Bright Smile Tip:

This salad is a goldmine of nutrients! Carrots are packed with Vitamin A, which is essential for maintaining the mucous membranes in your mouth. Cinnamon contains compounds that can naturally help fight bacteria, leading to fresher breath and a healthier smile.





## Chapter 6:

# Comfort from the Crossroads of the World

Let's travel the ancient Silk Road! This chapter brings you nourishing and comforting dishes from Turkey, Uzbekistan, and Kazakhstan.

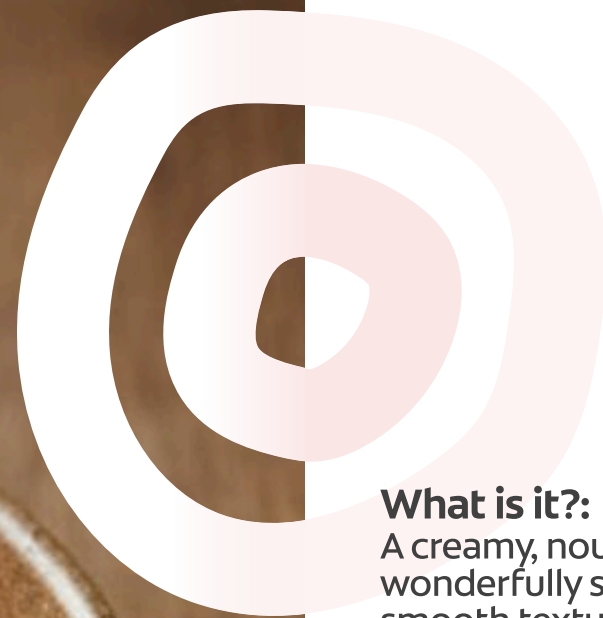
These recipes are often simple, full of healthy grains, vegetables, and warming spices that the whole family will love. They are perfect examples of how a few simple ingredients can create a truly satisfying meal.





# Turkish Red Lentil Soup

## Mercimek Çorbası



### What is it?:

A creamy, nourishing, and wonderfully simple soup. Its smooth texture and mild flavor make it a huge favorite with children.

### Ingredients:

- 1 1/2 cups dried red lentils, rinsed
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 large potato, peeled and chopped
- 1 tbsp tomato paste
- 6 cups vegetable or chicken stock (or water + 2 stock cubes)
- 1 tbsp vegetable oil
- Salt and pepper to taste
- (Optional: 1 tsp dried mint and a squeeze of lemon juice)

### Instructions:

- 1** Heat the oil in a large pot. Fry the onion, carrot, and potato for 5-7 minutes, until they start to soften.
- 2** Stir in the tomato paste and cook for 1 more minute.
- 3** Kid's Job: Add the rinsed red lentils and the 6 cups of stock.
- 4** Bring the soup to a boil, then reduce the heat, cover, and let it simmer for 25-30 minutes. The vegetables and lentils should be very soft.
- 5** Use a hand blender to blend the soup until it's perfectly smooth and creamy. (If you don't have one, you can mash it well with a potato masher).
- 6** Stir in the dried mint (if using) and season with salt and pepper.
- 7** Serve warm with a squeeze of lemon and some crusty bread.

### Bright Smile Tip:

Lentils are a low-cost "superfood." They are full of protein and fiber, keeping your tummy full and your smile bright all day.





# Simple Chicken Plov Pilaf

## What is it?:

A beloved one-pot rice dish from Central Asia. The rice is cooked in a savory broth with chicken and lots of sweet carrots, making it a complete, kid-friendly meal.

## Ingredients:

- 1 1/2 cups long-grain rice
- 500g chicken thighs or breast, cut into chunks
- 2 large onions, chopped
- 3 large carrots, grated or cut into thin strips (julienned)
- 3 tbsp vegetable oil
- 1 tsp cumin seeds or ground cumin
- 3 cups hot chicken or vegetable stock
- Salt and pepper to taste

## Instructions:

- 1** Rinse the rice in cold water until the water runs clear.
- 2** Heat the oil in a large pot with a lid. Brown the chicken pieces. Remove and set aside.
- 3** In the same pot, fry the onions until golden. Add the carrots and cook for 5-7 minutes, until the carrots are soft and sweet.
- 4** Add the cumin and stir for 30 seconds.
- 5** Return the chicken to the pot. Add the rinsed rice and stir to coat it in the oil.
- 6** Pour in the hot stock. Bring to a boil, then immediately reduce the heat to the lowest setting.
- 7** Cover the pot tightly and let it cook for 15-20 minutes, or until all the water is absorbed and the rice is fluffy. Do not lift the lid while it's cooking!
- 8** Turn off the heat and let it sit, still covered, for 10 minutes.
- 9** Kid's Job: Gently fluff the rice with a fork before serving.

## Bright Smile Tip:

Carrots are packed with Vitamin A, which is essential for healthy eyes and a strong immune system!



# Easy Baked Köfte Turkish Meatballs

## What is it?:

These flavorful meatballs are baked instead of fried, making them healthier and easier to clean up! Serve them with a simple yogurt dip.

## Ingredients:

- 500g lean mince (beef or lamb)
- 1 onion, grated
- 1/2 cup breadcrumbs
- 1/2 cup chopped fresh parsley
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1 egg
- For the Yogurt Dip (Cacık):
- 1 cup plain yogurt
- 1/2 cucumber, grated
- 1 small clove garlic, crushed (optional)

## Instructions:

- 1** Preheat oven to 200°C (400°F). Line a baking tray with baking paper.
- 2** In a large bowl, add the mince, grated onion, breadcrumbs, parsley, spices, and egg.
- 3** Kid's Job: Mix everything together with clean hands. Form the mixture into small, oval-shaped patties or round meatballs.
- 4** Place the köfte on the baking tray.
- 5** Bake for 20-25 minutes, or until browned and cooked through.
- 6** While the köfte bake, make the dip: In a small bowl, mix the yogurt, grated cucumber, and garlic (if using).
- 7** Serve the hot köfte with the cool yogurt dip and a side of rice or salad.

## Bright Smile Tip:

The yogurt "cacık" dip is full of calcium. Calcium is the main building block for strong bones and healthy teeth!



# Gözleme Quick Spinach & Feta Flatbread



## What is it?:

A simple Turkish flatbread that's cooked in a pan. It's like a healthy, savory "pancake" or "quesadilla" and a fantastic way to eat spinach.

## Ingredients:

- 2 cups all-purpose flour
- 1/2 tsp salt
- 3/4 cup warm water
- For the Filling:
- 1 large bag (200g) fresh spinach
- 100g feta or white cheese, crumbled
- 1 tbsp vegetable oil

## Instructions:

- 1** Make the dough: In a bowl, mix the flour and salt. Slowly add the water and mix to form a shaggy dough. Knead on a floured surface for 3-4 minutes until smooth. Cover and let it rest for 15 minutes.
- 2** Make the filling: Wilt the spinach in a hot pan (or in a bowl with a little boiled water). Squeeze out ALL the extra water. Chop the spinach and mix it with the crumbled cheese.
- 3** Divide the dough into 4-6 balls.
- 4** Kid's Job: Help roll one ball of dough on a floured surface as thin as you can (like a pancake).
- 5** Place a spoonful of the spinach filling on one half of the circle. Fold the other half over and press the edges shut.
- 6** Heat a large, dry frying pan over medium heat. Cook the gözleme for 2-3 minutes on each side, until golden brown and toasted.
- 7** Brush with a tiny bit of oil or butter if you like. Repeat with the rest of the dough.

## Bright Smile Tip:

Spinach is a "power" food! It's loaded with iron and vitamins that help you run, jump, and play all day.





# Easy *Shurpa* Hearty Lamb & Veggie Soup

## What is it?:

A classic, clear, and nourishing soup from Central Asia. It's made with simple ingredients and large chunks of vegetables that become soft and sweet in the savory broth.

## Ingredients:

- 400g lamb or beef, (cheaper, bone-in cuts are great for flavor)
- 8 cups water
- 1 large onion, cut into wedges
- 2 large carrots, cut into big chunks
- 2 large potatoes, cut into big chunks
- 1 red bell pepper, cut into big chunks
- 1/2 cup chopped fresh dill or parsley
- Salt and pepper to taste

## Instructions:

- 1** Place the meat in a large pot with the 8 cups of water. Bring to a boil, and use a spoon to skim off any foam that rises to the top.
- 2** Reduce the heat to low, cover, and simmer for 1 hour.
- 3** Add the onion, carrots, and potatoes to the pot. Simmer for another 20 minutes.
- 4** Kid's Job: Add the bell pepper chunks.
- 5** Continue to cook for 10-15 minutes, or until all the vegetables are tender and the meat is soft.
- 6** Stir in the fresh herbs and season with salt and pepper.
- 7** Serve hot in large bowls.

## Bright Smile Tip:

This soup is full of water and vegetables. It helps hydrate your body and the broth helps wash away food bits from your teeth after a meal.







# Bulgur Pilaf with Chickpeas *Sade Bulgur Pilavi*

## What is it?:

A staple in Turkish homes, this pilaf is more nutritious than white rice and has a wonderful, nutty flavor. It's cheap, filling, and very easy to make.

## Ingredients:

- 1 1/2 cups coarse bulgur wheat
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 tbsp tomato paste
- 1 can (400g) chickpeas, drained and rinsed
- 3 cups hot vegetable stock
- Salt and pepper to taste

## Instructions:

- 1** Heat the oil in a pot with a lid. Fry the onion until soft (about 5 minutes).
- 2** Stir in the tomato paste and cook for 1 minute.
- 3** Add the bulgur wheat and stir well to coat every grain in the oil.
- 4** Kid's Job: Add the chickpeas and pour in the hot stock.
- 5** Bring to a boil, then reduce the heat to the lowest setting.
- 6** Cover the pot tightly and cook for 12-15 minutes, or until all the liquid is absorbed.
- 7** Turn off the heat, place a paper towel under the lid (to catch steam), and let it rest for 10 minutes.
- 8** Fluff with a fork and serve.

## Bright Smile Tip:

Bulgur is a whole grain, which means it has much more fiber than white rice. Fiber is a "tummy-sweeper" that keeps your digestive system healthy.





You've reached the final recipe in the zones and the end of the cookbook. We hope these recipes have brought warmth, nutrition, and comfort to your family. Join Colgate Smiles for more oral care tips, and remember to share them with other family members and friends! Healthy foods can bring healthy smiles to your kids.

**Thank you for  
being here!**





The  
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