



# MAMA NinguYum used to make ~F100 SuperDrink

Ingredients	Wgt in lb	Wgt in Kg	Volume in level 8 oz, 240 cc cups	Volume cc-Level measure
Peanut butter	5	2.26	9	
Nonfat Dried skim milk- Instant			4	960
Sugar			4	960
<b>MAMA Macro Blend</b>			1/4	60
<b>MICROMIX</b>			"1/24"	10
<b>Instructions:</b>				
Measure the Nonfat dried milk into a bowl				
Add <b>MAMA Macro Blend &amp; MICROMIX</b> to the Nonfat dried milk				
Measure the Peanut butter into a large bowl. Be sure that the oil is fully blended in before measuring				
Measure the sugar & Mix with peanut butter				
To the wet mixture, add the dry ingredients and mix again				
Scoop 1/3 level cup the mixture, transfer to packing funnel, and press into the into the designated ziplock bag.				
Close and shape into bar.				

Nutritional Supplement Containing Peanuts, Molasses, and Milk, Fortified with **MICROMIX**: All 21 Essential Micronutrients and **MAMA Macro Blend**: Macronutrients: Calcium, Phosphorus, Potassium, Magnesium, & Sulfur

Peanut Butter is made from roasted peanuts without added salt, sugar or other ingredients. Each bar contains 544 calories and weighs 95 grams

To make a nutritious drink that can be use in Recovery of malnourished children after initial stabilization with ~F75 formula, a ~F100 dink can be made by mashing two servings (2/3 cup, 2 packets or 2bars) then adding clean boiled or filtered and chlorinated water to make one liter. Mash, stir and shake until dissolved, and shake or stir vigorously before pouring each serving. Serve according to child's weight and presence or absence of edema. If signs of worsening condition, stop advancing the amounts until condition stabilizes.