



ACCRA

COZINHA



FONEO SALAD

Quinoa or Foneo

Chicken stock

Okra

Mushrooms

Avocado

Cherry tomatoes

Lemon juice

Olive oil

Salt

Black pepper



LEAFY

Cherry tomatoes

Feta cheese

Red Grapes

Avocado

Olive oil

Lemon juice

Green peppers

Red peppers

Salt

Black pepper



ACCRA

POWER UP

Pineapple
Mango
Pawpaw
Water