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Monarch Banku Mix Flour

Monarch Special Banku Mix Flour User Manual

Your guide to preparing authentic Banku

1. PRODUCT OVERVIEW

Monarch BANKU MIX FLOUR is a premium blend of well-selected Maize and Cassava, meticulously prepared and hygienically packaged by SUNCITY FARMS LIMITED. This product is designed to provide an authentic taste and texture for traditional Banku. It is 100% natural, free from additives, chemicals, and preservatives, ensuring a pure and wholesome culinary experience.



Image 1: Front view of a single bag of Monarch Banku Mix Flour, highlighting the product branding and key information.

2. INGREDIENTS

Monarch Banku Mix Flour is composed of:

- **80% Fermented Corn Flour:** Provides the primary base and characteristic flavor.
- **20% Fermented Cassava Dough Flour:** Contributes to the desired texture and consistency.

This product contains no additives, no chemicals, and no preservatives, ensuring a natural and pure food item.

3. PREPARATION INSTRUCTIONS (OPERATING)

Follow these steps to prepare traditional Banku using Monarch Banku Mix Flour:

1. **Mixing:** In a large pot, gradually add the Monarch Banku Mix Flour to cold water, stirring continuously to form a smooth, lump-free paste. The ratio of flour to water can be adjusted to achieve desired consistency, typically starting with 1 part flour to 2-3 parts water.
2. **Cooking:** Place the pot over medium heat. Stir vigorously and continuously with a wooden spoon (or 'banku ta') to prevent lumps and ensure even cooking.

3. **Thickening:** As the mixture heats, it will begin to thicken. Continue stirring and mashing against the sides of the pot to break down any lumps.
4. **Steaming (Optional):** Once the mixture has thickened to a dough-like consistency, you can cover the pot and allow it to steam for a few minutes on low heat. This helps to cook the Banku thoroughly.
5. **Molding:** Remove from heat. Using the wooden spoon, scoop portions of the hot Banku and mold them into smooth, round balls or desired shapes.
6. **Serving:** Serve hot with soup, stew, or sauce of your choice.



Image 2: Multiple bags of Monarch Banku Mix Flour, illustrating the product packaging.

4. STORAGE AND MAINTENANCE

To maintain the quality and freshness of Monarch Banku Mix Flour:

- Store in a cool, dry place away from direct sunlight and moisture.
- Ensure the packaging is sealed tightly after each use to prevent contamination and maintain freshness.
- Avoid storing near strong-smelling foods, as flour can absorb odors.

5. NUTRITIONAL INFORMATION

Based on the product label, here is the approximate nutritional information per serving:

Nutrient	Amount per Serving	% Daily Value*
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	35g	13%
Dietary Fiber	2g	7%
Total Sugars	0g	
Protein	3g	

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

6. SPECIFICATIONS

- **Item Form:** FLOUR
- **Item Weight:** 8.8 Pounds (approx. 140.8 Ounce)
- **Brand:** Generic (Product: Monarch)
- **Manufacturer:** SUNCITY FARMS LIMITED
- **Country of Origin:** Ghana
- **Region of Origin:** AFRICA
- **Specialty:** No Artificial Preservatives, No Artificial Flavors, GMO Free, No Artificial Colors, Chemical Free
- **UPC:** 0735745946992

7. SAFETY INFORMATION

Please note the following important information:

- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Always ensure proper hygiene when handling food products.
- Keep out of reach of children.

8. MANUFACTURER AND SUPPORT

This product is manufactured by:

SUNCITY FARMS LIMITED

An agro-business company based in Ghana, with distribution through Suncity Farms LLC in the United States of America.

For inquiries or support, please refer to the contact information provided on the product packaging or through your retailer.