

Facts about beans

- Beans have been an important part of the human diet for thousands of years and are one of the earliest food crops cultivated – on every continent.
- Dry beans can be eaten raw or cooked, ground into flour. They are excellent in chilis, soups and salads.
- Beans are a good source of protein and contain important nutrients (vitamins and minerals).
- Research shows that beans help to reduce cholesterol.

Buy your beans in African House. We offer red kidney beans, rosecoco beans, white beans and black eyed beans.



A. Asante Jakobsen