Moringa the wonder tree

**USE OF LEAVES**

1. Fresh Moringa leaves cooked in the traditional way or prepared with onions and tomatoes, make a tasty and very nutritious relish.

2. Preparation of Leaf Powder from dried leaves:
   - Dry the leaves in the shade, under a tree or in the sun.
   - Keep dry in a properly closed dark container or in tin with a tight fitting lid.
   - Sift powder to remove stalks.
   - Add powder to baby's porridge or cooking at a few minutes before full meal to make a very nutritious meal.
   - Powder can be added to any foods to add flavour and nutrition.

3. Drink a cup of Moringa tea daily for all benefits.