## How to remove the poison from cassava flour

WHAT DOES THE POISON IN CASSAVA FLOUR DO?

When you eat flour made from bitter cassava that has not been properly processed, you can get :

- poisoning soon after you eat it, which causes dizziness, headache, stomach ache, diarrhoea, vomiting and sometimes even death
- *konzo*, which is permanent paralysis of the legs so the person cannot walk. It occurs after several weeks of eating too much bad cassava.







Add clean water little by little, stirring, until the flour is wet and the level is the same as that of the dry flour (already marked inside). The flour must be completely wet, but NOT like porridge and also NOT with balls of dry flour.



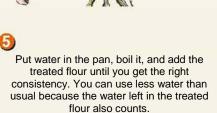
hand, so that the thickness of the flour is

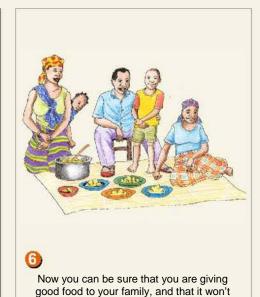
no higher than a fingernail. Then EITHER

leave the flour in the hot sun for 2 hours

OR in the shade for 5 hours.







cause poisoning or paralysis.



You must never eat raw cassava roots, (peeled or unpeeled) because they contain poison

