**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Dêgué |
| **Author:** | Founé |
| **Origin:** | It was in West-Africa |
| **Characteristics:** | Easy to prepare. Not everybody like it |
| **Who created it?** | It’s a family recipe. |
| **Why is it special?** | I like to share this yoghurt with my family. It reminds us of our country. |
| **When do I eat it?** | We eat it in summer because it is refreshing and it is good and sweet. |
| **Ingredients:** | 100g couscous  50 g sugar  1 yoghurt  500 g powdered milk  1 l boiling water |
| **Preparation:** | Mix all the ingredients together  Leave it in fridge for two hours |
| **Servings:** | 6 persons |
| **Cooking time:** | No cooking |
| **Picture:** |  |