

Fonio

A unique, innovative product offering



Authentic



Flavorful



Gluten-free

Fonio is a small grain, similar looking to couscous, but with a more substantial, nuttier flavor. Due to its obscurity, it was mostly ignored outside West Africa until now. Thanks to recent innovations in the growing and processing of the small seeds, we can now produce and offer the grain to the global market.

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Millets Place



Fonio is in the same class of healthy grains such as teff. Unlike many other grains, fonio grain is gluten-free. However, its most distinguishing quality is its unique, exquisite taste.

Fonio is an ancient, authentic grain. Due to its outstanding flavor and rarity, it used to mainly be consumed by African royalty, but is now starting to cross borders.



It's easily digestible and rich in protein. Fonio also has a low glycemic index, making it ideal for diabetics. It also offers incredible versatility where it comes to end-products.

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Raw fonio, after harvesting. Like rice, it has to be hulled before it can be consumed. This process has only recently been automated.



A close-up of raw fonio. Due to the small size of the grains, the hulling and cleaning process was done by hands for hundreds of years.



Hulled fonio. After hulling, the hulled fonio is usually whitened, which involves separating the bran from the white fonio.



A close-up of hulled fonio. This can be ground up to create fonio flour which, like any other grain flour, has a wide range of uses.



A bowl of cleaned fonio, ready to be used to create a variety of products such as bread, couscous, cakes or to create fonio flour.



Fonio-based couscous, a popular fonio dish. Often found to be tastier than the well-known, standard couscous meal.

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