



FONIO

Producer: Yolélé
Origin: West Africa

GRAIN1 | 2 X 5 LB

About Fonio

- + Fonio is a tiny ancient grain that has been grown and celebrated across West Africa for thousands of years.
- + It is easily digested and has a low glycemic index.
- + It is strong in Methionine and Cystine, two amino acids that are essential for growth and tissue repair.

About Yolélé

Yolélé is sharing West Africa's oldest supergrain, FONIO, with the world so they can elevate communities across West Africa. Yolélé, a term of exuberance used throughout West and Central Africa, is the rough Fulani language equivalent of "let the good times roll". By increasing fonio production, sourcing from smallholder farms in West Africa, and offering a new superfood to the world, we can truly help make good times roll!

WANT MORE?

Visit our website for a full availability list and more information.