

## About Gambian Fonio

The Gambia's nutrient-rich soils and sustainable farming methods produce premium-quality fonio. One of Africa's oldest cultivated grains, fonio is cherished for its resilience, versatility, and nutritional value.

## Why Gambian Avocados?

Discover the ancient superfood of Africa—Gambian Fonio (*Digitaria exilis*). Known as "the grain of life," fonio, also known as findi and acha, is gluten-free, nutrient-rich, and ideal for modern, health-conscious diets.



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***Oldest cultivated grain in Africa***



## The Gambian Promise

We deliver 100% pure fonio, cultivated and processed with care to preserve its natural qualities. Choose Gambian fonio to support a sustainable future while enjoying a healthy, delicious food option.

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## Gambian Fonio

Light, fluffy, and easy to prepare, fonio is a perfect substitute for rice, quinoa, or couscous. It embodies health, sustainability, and the rich heritage of Gambian agriculture.



Unlocking The Gambia's Export potential:  
Bridging Markets, Powering Growth



Gambia Pure

## Health is Wealth

- **Gluten-Free:** A safe choice for individuals with gluten sensitivity or celiac disease.
- **Nutrient-Dense:** High in iron, magnesium, and essential amino acids.
- **Low Glycemic Index:** Helps regulate blood sugar levels.
- **Digestive Support:** Packed with fiber for improved gut health.

## Why Choose Gambian Fonio?

- 01 Nutritional Excellence**  
Packed with amino acids, vitamins, and minerals.
- 02 Eco-Friendly Farming**  
Grown using traditional and sustainable methods.
- 03 Community Empowerment**  
Supports Gambian farmers and rural livelihoods.
- 04 Unique Creations**  
One-of-a-kind items that bring meaning and beauty to your life
- 05 Economic Value**  
Enhances food security, and has growing export potential.

## Versatile Uses

- Culinary: Perfect for porridge, pilafs, and baking. Use as a base for salads, stir-fries, and grain bowls.
- Health Food: A favorite among gluten-free and health-conscious consumers.
- Wellness: Supports balanced nutrition for active lifestyles.



## Export Opportunities

Gambian fonio is capturing the attention of global markets as a versatile, sustainable superfood. We offer dependable export solutions for wholesalers, retailers, and food manufacturers worldwide. Partner with us to bring Gambian fonio to your customers.

## Our Goal

To elevate Gambian fonio as a global superfood while promoting sustainability and uplifting local farming communities.



Scan to view product video.