

Jikoni

Palatables

MEDIA KIT

Soybeans

protein-like
fiber

Gr

Garlic (Kitunguu
Saumu)

saumu, builder, heart-safe

Quinoa

super-grain, black, goodness,
tastico





Website <https://jikonipalatables.com>

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Jikoni Palatables is a food enterprise that started an informational platform that has now grown to host over 200 recipes, 60 blogs, and 60 chefs from around the region. Our blog section is inclined towards teaching about the ingredients we love and their nutritional benefits to one's health. We take you through the food process - from the farm/factory to the plate, into the body, with thorough descriptiveness in every step. We have a nutrition and fitness enthusiast whose focus is on lifestyle related diseases and their relation to diet and food.

As part of the teaching done on the blog, we direct the readers to simple recipes on our website that they can use at home. We encourage our chefs to keep the recipes as original as possible and with a bias towards traditional foods.

DEMOGRAPHICS

25 — 40 years

50 — 65 years

STATS

800

Monthly reads

90 - 120

Reads per blog post