

# Jikoni Palatables

## MEDIA KIT

Soybeans

protein-like  
fiber

Gr

Garlic (Kitunguu  
Saumu)

saumu, builder, heart-safe

Quinoa

super-grain, black, goodness,  
tastico





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Jikoni Palatables is a food enterprise that started an informational platform that has now grown to host over 250 recipes, 70 blogs, and 70 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

## STATS

**800**

Monthly reads

**90 - 120**

Reads per blog post