

Food4Hope & Purple Cushhh Mageu

Mageu (also spelled mahewu, amahewu, amaRhewu, etc.) is a traditional Southern African non-alcoholic fermented drink, made mainly from maize (mealies) / corn.

Mageu is a beverage (sometimes more textured, almost like a gruel-drink) that originates from many cultures in southern Africa (e.g. among Sotho, Tswana, Zulu, Xhosa, and other groups).

Ingredients

Maize Meal, Water and sugar

Key characteristics and uses of Mageu:

Mageu is energy-rich: the maize gives carbohydrates and the fermentation process helps with digestibility. It's often used as an energy drink or even as a light meal replacement when solid food is unavailable or impractical.

Easier to digest than unfermented starches, due to breakdown of some sugars and the presence of lactic acid bacteria. This can make it gentler for stomachs, and useful for people who are ill or need softer / easier foods.

Commercial versions may be fortified with minerals or vitamins to improve nutritional value.

