

YANOMAMI CASSAVA CAKE (AMAZON)

Fermented cassava feeds *Prevotella* — the strain urban guts lose in 6 months (Clemente et al., 2015).

INGREDIENTS

- 1 kg cassava root
- Banana leaves
- 1 tsp salt

STEPS

1. Peel, grate, soak 48 hrs
2. Squeeze out liquid
3. Wrap in banana leaf
4. Ferment 3 days
5. Bake 30 min at 180°C

WATCH VIDEO

[Casava cake preparation](#)

REFERENCE

Clemente, J. C., Pehrsson, E. C., Blaser, M. J., Sandhu, K., Gao, Z., Wang, B., Magris, M., Hidalgo, G., Contreras, M., Noya-Alarcón, Ó., Lander, O., McDonald, J., Cox, M., Walter, J., Oh, P. L., Ruiz, J. F., Rodriguez, S., Shen, N., Song, S. J., Metcalf, J., Knight, R., Dantas, G., & Dominguez-Bello, M. G. (2015). The microbiome of uncontacted Amerindians. *Science Advances*, 1(3), Article e1500183. <https://doi.org/10.1126/sciadv.1500183>