

***Formulation and popularization of nutritionally superior biscuits using malted green gram as a major source of protein.***

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Several types of weaning foods are available in the Sri Lankan market. Most of these weaning foods are nutritious blends of cereals, legumes and milk, and they form excellent sources of supplement for children's milk food. However, many of the weaning foods currently available in the market are quite expensive and beyond the purchasing power of parents belonging middle and lower income groups. Malting of legumes improves the availability of minerals, reduces the anti nutritional factors, enhances some of the vitamins and improves the overall nutritive value. Hence, malted (sprouted) green gram is an ideal source of protein rich material for blending with maize to prepare a nutritive blend for use as weaning food. If a weaning food is prepared in the form of a biscuit it is easy to feed babies either directly or after soaking in milk or water. A methodology was developed to produce a weaning food in the form of biscuit using malted green gram. According to the results, 20% malted green gram, 40% maize flour, 40% wheat flour was found to be the best combination to produce a nutritious biscuit, while maintaining high sensory qualities. The production cost is Rs.106 per Kg of biscuit. During 12 weeks of storage it was found that polypropylene and cast-polypropylene were the best packaging materials, among the many packaging materials tested, to store the biscuit. The total microbial plate count of the product was nil after three months of storage.