

Formulation of ready-to-cook (RTC) malted little millet based complementary health food

K.B. Suresha, H.M. Jayaprakasha and K.G. Ramya

Standardization of process for to formulate little millet based complementary food was undertaken. The formulations were prepared by replacing malted wheat flour with malted little millet flour at 0, 25, 50, 75 and 100 per cent of. The optimized formulation was added with Skim Milk Powder (SMP) replacing green gram at 0, 25, 50, 75 and 100 per cent. The best formulation with SMP was replaced by adding Whey Protein Hydrolysate (WPH) at 50, 75 and 100 per cent. The porridge was prepared from formulations with the ratio of 1:4 (Formulation: water), cooked, cooled and served to a team of judges to adjudge the best combination. The blend with ratio of 0:100 adjudged best among the blends. The SMP (100 per cent) addition enhanced the overall acceptability of product to a significant level (8.02) compared to product with green gram flour (6.59). The product with WPH was comparable to the SMP added product. The formulated product can be conveniently stored for 60 days. It was concluded that malted little millet flour could be successfully incorporated into the little millet malt based complementary foods.

Key Words : Complementary foods, Little millet, Malting, SMP, Whey proteins

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