

Horse Gram Based Instant Nutritious Porridge

Invention summary:

Horse gram is a nutritious and healthy raw material which can be used to formulate nutritious food products. Horse gram is underutilized due the longer time taken for preparation of meals. It contains a high amount of protein, minerals, fibre, resistant starch and a low GI value. Horse gram based instant nutritious porridge can be introduced as a nutritious supplementary food.

Technology overview:

Horse gram based nutritious porridge was formulated by grounding processed horse gram into a fine powder with other food ingredients such as red rice, ginger, garlic and coconut milk powder. The product is an instant powder and by adding sufficient boiled water, it can be reconstituted into a nutritious tasty porridge

Potential application:

Product has a high protein and minerals content. It is also healthy. Therefore it can be used as a nutritious supplementary food for children and adults.

Advantages of the product:

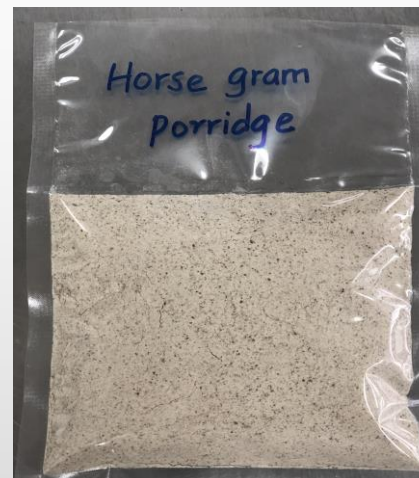
- Instant preparation
- Less time consuming
- Nutritious and healthy
- Convenient
- Tasty
- Appropriate for those with a busy life

Inventor/s

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