

Horse Gram Based All Purpose Flour

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 is processed into flour (fine powder) which will increase its utilization.

Technology overview:

Horse gram is underutilized due to the longer time taken for meal preparation. It has nutritional and health promoting functional properties, however the utilization is limited due to presence of its hard seed coat. Horse gram is used as a whole grain without removing its seed coat due to the presence of high fiber content, minerals and other nutrients. Horse gram flour is prepared by pre-processing whole horse gram seeds followed by milling it into a fine powder (flour). Horse gram based nutritious all purpose flour is prepared by proportionally mixing horse gram flour, rice flour and wheat flour (optional).

This mixed flour can be introduced as nutritious flour. Nutritious horse Gram based flour can be used for preparation of traditional foods such as string hoppers, roti and pittu.

Potential application:

Wheat flour itself does not have a nutrition value. Horse gram based nutritious flour contains a high nutritional value and also helps to manage many non communicable diseases.

Advantages of the product:

- Ready to use flour for preparation of health products
- Nutritious and healthy
- Good for most non-communicable diseases such as diabetics hypertension, Coronary Heart Diseases and intestinal diseases
- Convenient

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