

## FORMULATION AND EVALUATION OF FINGER MILLET BASED EXTRUDED PRODUCT (FINGER MILLET SHELLS)

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### ABSTRACT

The aim of the study was to develop an extruded product, using finger millet and nuts (cashew and almonds). Finger millet is a rich source of Calcium, Iron, Protein, Fiber and other minerals. The cereal has low fat content and contains mainly unsaturated fat. Cashews are high in calories. 100g of nuts provide 553 calories. They are packed with soluble dietary fiber, vitamins, minerals and numerous health-promoting phyto-chemicals that help protect from diseases and cancers. Almond nuts are rich sources of vitamins, and minerals and packed with numerous health promoting phyto-chemicals. The extruded product was developed using refined wheat flour and semolina, along with finger millet and nuts, with variations in the finger millet and cashew – almonds powder compositions. The quality parameters have been assessed. Proximate analyses such as moisture content, ash, and acid insoluble ash were conducted. Sensory evaluation and proteins, fats, and carbohydrates were determined according to the standard methods available. The storage stability was good in final product with respect to texture and flavor.

**KEYWORDS:** Product, Phyto-Chemicals, Proteins, Fats