

Roots and Millet Biscuits and Cookies

MILTA Cookies



- Prepared from cassava and ragi flours with other ingredients.
- Rich in micronutrients.

Sweet Potato Sorghum Crackers



- Prepared from sweet potato, sorghum, wheat flour with other ingredients
- Rich in protein and micronutrients (Fe, Ca, Mg, Mn, Zn, Cu)

For more information, please contact

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Healthy Foods from Tubers and Millets





Biofortified Sweet Potato and Millet Foods

Instant Healthy Nutri meal

- A healthy combination of cereals, pulses, ragi, biofortified sweet potato and dry fruits.
- Prepared using sweet potato, cassava, arrowroot, jowar, little millet, fox millet, and finger millet along with orange-fleshed or purple-fleshed sweet potato.
- The following combinations were made with Elaichi (Four no) and Vanilla (four no) flavours.
 1. Bhu-Krishna flour with sugar
 2. Bhu-Krishna flour with Jaggery
 3. Bhu Sona flour with sugar
 4. Bhu Sona flour with Jaggery



- Gluten-free products suitable for all age groups.

Sweet potato Momo



- The momos were prepared using fox tail millet flour with a purple-fleshed sweet potato savory stuffing
- Rich in protein, micronutrients and anthocyanin.

Roots and Millets Cookies



- Sweet potato and millet (ragi, fox tail millet and little millet) cookies were made with combinations of sweet potato, millet flours and wheat flour.
- Rich in protein, micronutrients and phytochemicals.

