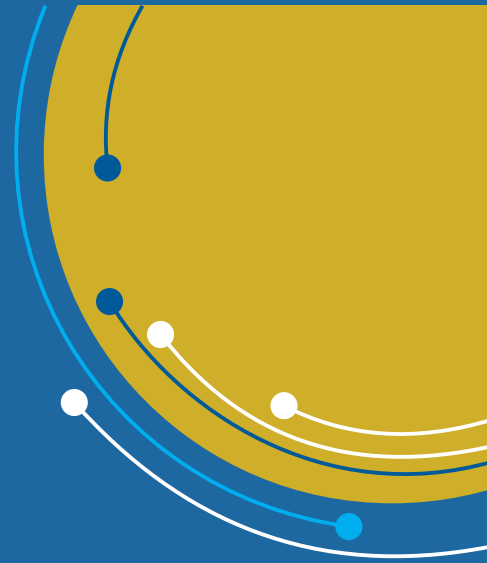
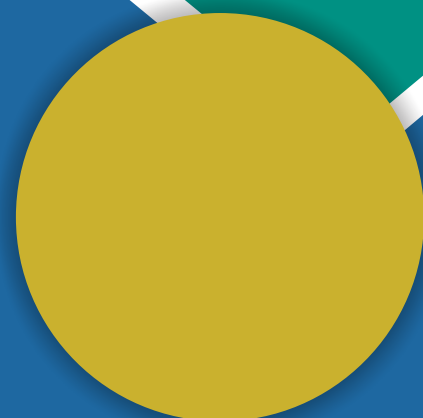


Functional Exploration of Millet and Sorghum



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Sorghum and millet are vital for the of food security and considered superior than other cereals because of their resistance to predator and diseases; also they have defense against moisture stress and poor soil fertility. Sorghum and millet both are gluten- free and their slow hydrolysis makes them excellent choice to celiacs, diabetics

and ethnic groups. Recent studies have revealed that sorghum has anticarcinogenic and cholesterol- lowering properties and it can minimize the risk of heart diseases. Millet has no gluten and it is not an acidic food, so is gentle and easily digestible. Sorghum might be a good alternate to gluten-free breads as well as baked products such as cookies, cakes, snacks, pasta.

These crops are easy to cultivate and can be grown in harsh conditions, withstand drought, water shortage, tolerate environmental environmental challenges and give bumper crops due to short growing span. The main objective of the present research was the utilization of sorghum and millet flour for making cookies and cakes.

Cookies prepared from 30% addition of Sorghum variety (F-114) and 20% addition of Millet variety (MB-87) had maximum overall acceptability. From the present study it is inferred that sorghum and millet can be used as alternate source of nutrition likewise other cereals including wheat, rice, maize, etc. Product development by utilization of different percentages of millet and sorghum flour with wheat flour helps in preparation of composite flour.



Millet cookies