

Nutritional Composition of Sorghum and Moth Bean Incorporated Traditional Recipies

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ABSTRACT Cereals and pulses are important sources of energy and protein particularly in the developing countries. Cereals are less costlier source of energy compared to fats, like wise pulses are less costlier source of protein compared to animal proteins in the developing countries. Sorghum and mothbean are found to be underutilized cereals and pulses in Southern Karnataka. The present study was conducted at Department of Rural Home Science, Bangalore and it has been observed that underutilized cereal sorghum and pulse mothbean which are equally nutritious to any other traditional cereal and pulse can be incorporated in daily dietaries.

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