QUALITY ATTRIBUTES OF HIGH QUALITY BAMBARA FLOUR

- Sweet aroma, No bitter aftertaste
- No flatulence or stomach bloating effect
- Suitable for diversified food uses.
- Cooking time for foods prepared with the HF/BF is drastically reduced
- Gives more yield for traditional foods
- Has high whipping properties.
PROCESS

- Wash and soak 2 American tins (4 kg) of bambara beans for one hour
- Boil for 20 minutes using traditional cooking methods
- Drain and spread on a platform to dry in the sun
- Break loosely in local Corn Mill or by pounding with mortar & pestle
- Winnow to separate seed coat
- Mill into flour

NUTRITION INFORMATION

The High Quality Bambara Flour is a complete food nutritionally. It has:
- 6-10 % Moisture
- 21 % Protein
- 8 % Fat
- 61 % Carbohydrates

USES

Traditional foods such as Akaa and Tuhani. Also used in recipes and other formulations including weaning foods, cookies, cakes, doughnut, bread etc.

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HOUSEHOLD PREPARATION OF
HIGH QUALITY BAMBARA FLOUR
EXTENSION MANUAL FOR TRAINERS

DFID/CPRF/FRI
BAMBARA PROJECT
2003 -2004

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