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Introduction
Finger millet contains between 7.4% to 14% protein, with good amounts of amino acids especially methionine which is lacking in starchy staples such as cassava, plantain, polished rice or maize meal. Methionine helps in the proper function of vital body organs (heart, brain and liver) and strengthens the body. Finger millet also has 0.33% calcium, 5-30 times more than in most cereals and high in minerals like iron. It has excellent storability which makes it ideal for food security which makes it an excellent diet for weaning children, diabetic patients and invalids due to its ease of digestion. Finger millet flour can be blended with soya bean flour, orange flesh sweet potato mash (OFSP) and wheat for making value added onion bites for home consumption and income.

Ingredients
- Finger millet flour 200g
- OFSP Mash 100g
- Soya flour 100g
- Wheat flour 100g
- Salt 5g
- Chilli 1 bottle top
- Baking powder 4 teaspoon level
- Water 200ml
- Oil 500ml
- Spring onions 5 whole

Preparation Method
1. Sift all the dry ingredients in a mixing bowl.
2. Add OFSP mash in the bowl and mix well.
3. Clean and cut the onions and add to the bowl.
4. Sift all the dry ingredients in a mixing bowl.
5. Add OFSP mash in the bowl and mix well.
6. Clean and cut the onions and add to the bowl.