

FINGER MILLET BISCUITS

Kenyan communities include this versatile gluten-free cereal in baking for improved digestion and gut health.

Credit: Alessandra Grasso

Ingredients

- 1½ cups of finger millet flour
- ½ cup of mashed sweet potato
- 1¼ cups of soya bean flour
- ¾ cup whole wheat flour
- 4 level teaspoons of baking powder
- 1 tablespoon ground ginger
- ½ cup of oil
- 1 cup of sugar
- 4 eggs
- warm water

Preparation

- Cream sugar and oil until light and fluffy.
- Add sweetpotato mash and mix well.
- Add in the wheat flour, ginger and beaten eggs while mixing.
- Mix to form a dough, if too stiff add some warm water.
- Leave dough to rest for about 30 minutes and roll out on a floured board.
- Cut into desired shapes and arrange on a greased tray.
- Prick with a fork to prevent rising.
- Bake for 15 minutes or until evenly baked, then remove from the oven.

Finger millet (*Eleusine coracana*):

Especially valuable as it is very high in calcium, rich in iron and contains the amino acid methionine, which is important for joint health. Used in porridge, it is ideal for feeding to infants and the elderly.

Nutritional value per 100g (dried) of:

Finger millet

Calcium	343.63 mg
Iron	18.56 mg
Magnesium	153.91 mg
Phosphorus	174.73 mg
Potassium	538.07 mg
Sodium	2.03 mg
Copper	0.59 mg
Vitamin B1	0.19 mg
Vitamin B3	0.83 mg

