

# **EFFECT OF MALTING ON NUTRITIONAL CONTENTS OF FINGERMILLET AND MUNGBEAN**

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## **ABSTRACT**

Malting of seeds enhance its nutritional value through induced hydrolytic activity. Local varieties of finger millet and mung bean were selected to evaluate the nutritional changes during malting process. Both finger millet and mung bean seeds were steeped in boiled cool water (w/v=1:2) for 6 hours at ambient temperature (30°C) and germinated for different time of 12, 24 and 36 hours. The germination stopped at different time interval by drying in sunlight. The raw and malted seeds of finger millet and mung bean were ground into fine flour and analyzed for their proximate composition. The results revealed that there was a significant increase( $p<0.05$ ) found in reducing sugar and free amino acid content, a significant decrease ( $p<0.05$ ) found in total protein and no significant difference ( $p>0.05$ ) found in moisture, total fat, crude fibre, ash and total sugar content during malting of both finger millet and mung bean for 36 hours.

*Key words:* Fingermillet, Mungbean, Malting, Nutritional contents