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(57) Abstract :
JOWAR-BASED AMBULI PREMIX COMPOSITIONS AND METHOD OF PREPARATION A dry Ambuli premix and methods for preparing the premix and an Ambuli beverage are described. Popped and powdered jowar forms the principal cereal component. A microgreen-enriched composition contains coriander microgreen powder and methi microgreen powder with dried ginger, black pepper and Himalayan rock salt. A carminative-spice-enriched composition contains curry-leaf, fennel-seed, ajwain-seed and cumin-seed powders with dried ginger, black pepper and Himalayan rock salt. Jowar is washed, boiled for 5-7 minutes, air-dried for 8-10 hours, dry-popped without oil and ground. The selected additives are dried or roasted, powdered and blended with the jowar powder. Ambuli is prepared by mixing 10 g premix with 150 ml hot water, maintaining the mixture at 25-30 degrees Celsius for 12 hours, and subsequently adding 100 ml buttermilk. Nutritional, DPPH radical-scavenging, total-plate-count and sensory characteristics of both compositions are provided. [FIG. 4]

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