

## SUPPLEMENTARY FILE 7: NUTRITIOUS MALT DRINK FOR PHF SCHOOLCHILDREN

The main objective is to suggest alternative ingredients and adjust the current malt drink offered in school. By changing the combination of the grains and using lesser grains, i.e. 4 or 5 grains instead of 7 in the malt drinks; and using of an in-house grinder, the savings can be invested in the purchase of soya and to cover any additional cost in electricity, labour and time. Soya can be made available to the children due to its high nutritional benefits.

### Possible Ingredients Options:

1. Ragi
2. Wheat
3. Green gram
4. Channa dhal (Bengal gram)
5. Cardomon
6. Groundnut
7. Pearl millet
8. Rice
9. **Urad dhal (skinned and split black gram)**
10. **Jowar (Sorghum)**

**Recommendation:** Urad dhal and Jowar (Sorghum) can be replaced with soya bean. Start with adding a small portion of soya powder and gradually increasing the soya amount.

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### 1] MULTIGRAIN MALT DRINK

#### Ingredients:

1. Finger millet/Ragi - 1kg
2. Pear millet - 1kg
3. Green gram - 1kg
4. Wheat - 1kg
5. Parboiled rice - 1kg
6. Fried gram – 400gms
7. Barley – 400gms
8. Sago – 200gms
9. Dry ginger - 8 inch piece
10. Cardamom – 40gms

#### Method for preparing the powder

Wash finger millet/ragi well and soak in water overnight. Then rinse well, drain the water, tie it in a muslin cloth and hang for sprouting to occur. Rinse once in between. After it has sprouted, rinse gently, drain the water and spread on a cloth for drying. Dry under the sun or shade.

After it has dried well, dry roast it till you get a nice aroma. Repeat the same process for Pearl millet, Green gram and Wheat. Dry roast boiled rice, fried gram, barley, sago and dry ginger separately. Now combine all 10 ingredients and grind in flour mill/rice mill. Your malt powder is now ready.

#### Multigrain Malt Drink Recipe

#### Ingredients:

Malt powder – 1 ½ tsp  
Water -1 cup  
Jaggery -1 tsp

#### Method

Mix the malt powder with water well making sure to dissolve any lumps. Cook over low flame and stir continuously till it becomes thick. Add jaggery and drink hot.

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## 2] RAGI MALT DRINK

### Ingredients:

1. 1 kg (5 cups) Ragi (Finger Millet)
2. ¼ kg Green Mung Beans
3. ¼ kg Whole wheat grains
4. ¼ kg Garbazo / Chickpea (Chole)
5. ¼ kg Soybeans
6. ¼ kg Roasted Chana Dal
7. ¼ kg Par boiled Rice
8. 200 grams (1 cup) Peanuts
9. 150 grams (¾ cup) Pearl Tapioca / Sago (Sabudana)
10. 100 grams (½ cup) Cardamom pods (Elaichi)

\* 1 cup is 200 grams

### For the Malt drink

- 1 Tablespoon powder (prepared)
- 1 Cup water
- 1 Tablespoon sugar (adjust to your taste)
- ½ cup milk (optional)

### Method

#### For the Protein Malt Drink Powder

Add each ingredient to the skillet and dry roast on high heat for 4-5 minutes or until there is a nice aroma. Each ingredient must be roasted separately. Place all roasted ingredients into a large container and mix well. If you have a powder grinder / spice blender, you can add the mix in batches and grind to a very smooth fine powder. You can also take it to a nearby mill / spice grinder for grinding. Store in air-tight container and use as required.

**Note: DO NOT** roast the ingredients together as each ingredient requires a different amount of time to become aromatic. By roasting together, you may either burn or under-roast one of them. It is also not necessary to use ALL of the ingredients mentioned in the ingredients list, or to use them in the exact proportion mentioned. You can experiment and make your own blend.

#### For making the Malt Drink

Add 1 tablespoon of this fine powder to water and mix well. On medium flame, cook the mixture making sure to stir constantly. Within 4-5 minutes, the mixture will start to thicken. Add sugar and mix well. As the sugar starts to dissolve, the mixture will loosen up a little. Switch the flame off. Add warm milk or more water to adjust the consistency as required and mix well.

However, do keep the Pearl Tapioca (Sago) which helps to thicken the drink. You can also make a salty version of the drink.

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## 3] SOYA BEAN MALT DRINK

### Ingredients:

1. Rice- 80gms
2. Soya bean - 20gms
3. Sugar - 50gms
4. Milk - 50g
5. Banana - 50g

### Method

1. Roast rice and soya bean separately.
2. Grind rice and soya bean, and mix together.
3. Add powdered sugar and store in an air-tight bottle.
4. Milk and banana can be added while making the drink.