

ABSTRACT

There is steady growing demand for health promoting foods by the consumers from the locally available diets and processed using natural methods. Finger millet (*Eleusinecoracana*) is abundantly cultivated in rural Kenya and is an essential part of diets of many communities. With respect to dietary fiber, minerals and amino acids, it's more nutritious than most cereals. However, finger millet remains underutilized and its inclusion into the diet is largely limited to the poor subsistence farmers. Moreover, limited product range and the ant-nutrients it contains affect its commercialization. The purpose of this review thus, appraises and gives an overview of the effect of malting process on the nutritional composition of millet, safety issues and products developed. Considering the potential embedded in this grain, there is need for objective-oriented research in managing the biology and malting technique to unlock the potential benefits, to sophisticated consumers who are in need of attractive, safe and affordable millet products. Malting has traditionally been used in the brewing industry in Kenya. Malting of finger millet improves its digestibility, sensory and nutritional quality as well as has pronounced effect in lowering the anti-nutrients, thus, can be used in developing nutritious, safe and flavourful foods. This will enhance development of value added products that can be explored for industrial use and in addressing the incessant food security as well as protein energy malnutrition challenges in Kenya.

Key words:

Millet Malting, Anti-nutrients, Food security, Malnutrition.