

**DEVELOPMENT OF A NUTRIENT MIX BY USING  
DEHYDRATED (*Moringa oleifera*) MURUNGA  
LEAVES**

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## ABSTRACT

Cereal mixtures are instant food items giving high nutrients. Murunga is widely cultivated vegetable in dry zone, having very high nutrition. White cowpea, red cowpea and Mung bean are easily grown in dry zone in Sri Lanka. Cowpea and Mung bean seeds mainly consume by boiling, which is not suitable for busy life style. Consuming roasted cereal granules with milk and scraped coconut is the new trend for breakfast.

Adding Murunga leaves to cereal mix will give additional minerals and vitamins and essential amino acids. This work is to find suitable composition of Murunga leaves and cereal mix to give better flavor and higher shelf life without losing nutritional value.

Mung beans, cow pea and rice were cleaned and dried to suitable moisture content and milled and roasted. Murunga leaves were dried at lower temperature and powdered. Sensory evaluation conducted for different mixers and best mixers evaluated for food value and keeping quality were tested.