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HOW TO MAKE SORGHUM/BANANA WINE



A light refreshment



Introduction

Sorghum is an important food crop in many parts of Kenya, providing livelihoods to more than 3 million people. It is rich in calories, has vitamin B and essential amino-acids. Value addition in Sorghum has been found to improve food and nutrition security.

Ingredients

1 liter of wine that has been extracted from ripe bananas

1 kg of flour from malted sorghum

Malting is done by soaking the sorghum grains and allowing it to sprout. The sprouted sorghum is dried under sun.

Mix 1 litre banana wine and 1kg of malted sorghum flour

Cover the mixture and leave to ferment under the sun for 8 hours



After the 8hours the wine is ready for consumption.

When ready keep under refrigeration after three days of making to maintain taste.

It has no alcohol in it. It is easy to make it in a very hygienic way, using locally available materials and equipments.