

Banana Grit

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In News: Scientists at the CSIR-National Institute for Interdisciplinary Science and Technology (NIIST) at Pappanamcode here in Kerala have come up with a new product, Banana Grit, developed from raw Nendran bananas.

About Banana Grit

- The product resembles 'rava' and broken wheat.
- Billed as an ideal ingredient for a healthy diet, banana grit can be used for making a wide range of dishes, according to the NIIST.
- The granules can be used for making upma, or it can be mixed with banana powder for porridge, with milk or coconut milk for use as a health drink.
- The concept was introduced to utilise the presence of resistant starch in bananas, which is reported to improve gut health.
- **Significance:** Developing new uses for Nendran Banana comes as a boon to farmers who have often been struggling against falling prices.

Some Facts Nendran Banana

- Nendran Banana or famously known as Chengalikodan is a banana variety originated and cultivated in Chengazhikodu village of Thrissur District in Kerala
- It is now cultivated on the banks of the Bharathapuzha river.
- It has got the Geographical indication registration from the Geographical Indications Registry, Chennai.
- Generally consumed ripe, it also finds use in typical Kerala dishes such as avial and thoran.