

Editor's Comment:

Breakfast strips were successfully produced from a blend of orange-fleshed sweet potato, plantain and soybean flours were higher in protein. The protein, fat and energy content were higher than the commercial flakes used as control. Blends with 15, 20 and 25% substitution in all samples analysed improved the nutrient composition of the products. Production of breakfast foods with these blends should be encouraged to create a healthier substitute to other commercially produced breakfast foods and also help in utilising orange-fleshed sweet potato. Further studies on anti-nutritional properties, amino acid profile and mineral bio availability should be carried out.

The results of the study are useful to improve the nutritional status of the population. I recommend the research paper for publication based on the health benefits of the Breakfast strips produced with locally available resources.

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