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## Milleffle

Milleffle is a nutritionally superior waffle crafted from unique blend of millets such as Ragi, Bajra and buckwheat. It stands out as a gluten-free option. It is known that juvenile diabetes is a chronic disease among children. The management of this autoimmune disease is more important, as it causes extreme hunger in children. The incorporation of millets in our diet becomes more important to manage the disease. As it is a logical pragmatic strategy to provide nutrient dense fibre rich foods to children who are vulnerable to diabetes. For this waffle will be attractive to the children as they can consume more of it to replace the starch based, fried, readily available junk food to overcome the nutrient deficiencies. Waffle prepared using millet powder like pearl millet, barnyard millet, finger millet and little millet is good as it is rich in iron, calcium, phosphorus and fibre. The recipes were first standardised, tested for their acceptability using standard procedures and has to be popularised among juvenile diabetes.

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