

Flour was made from PHIA 25, a high yielding dessert banana cultivar, which is not very widely accepted for fresh consumption and compared to flour from kibuzi, a widely consumed cooking banana type. The proximate composition, pasting properties, products acceptability and shelf life of flour from the two types of banana cultivars was assessed. Flour from PHIA 25 exhibited higher viscosity values compared to kibuzi. Flours from both types of banana exhibited a high degree of stability with respect to moisture content and lipid degradation. Sauce and porridge from kibuzi was found to be more acceptable than that from PHIA 25. It was also demonstrated that acceptable pan cakes, baghiya, pasta and doughnuts could be made by substituting up to 50% of the normally used flour with banana-soy blend.

Key words: Banana cultivars; Matooke; Kibuzi