

- Adequate lighting
- Temporary storage – stacked crates for raw materials, pallets for raw materials and finished products, shelves for jars and airtight containers for dried products
- Good ventilation to allow moderate temperature
- Windows with insect-proof screens.

Equipment

- Should be properly cleaned before and after use
- Hot water should be used for sterilizing the equipment
- Wooden equipment should be scrubbed
- All utensils should be kept dry by wiping with a clean cloth and stored in dust-free places.

Personal hygiene

- Health certificates should be acquired (commercial purposes)
- Health status (processing should not be done when one is sick or with open wounds)
- Illness and injuries (processing should not be done when one has open wounds)
- Personal cleanliness - maintaining

personal cleanliness including body and clothes

- Personal behaviour - hands should be carefully washed with soap and running water.



Compiled by: Ndambuki J. M., Wayua F. O., Gathambiri C., Nyaga A., Wasilwa L. A. and Kirigua V. O.

Editors: Nyabundi K.W., Maina F.W., Mukundi K.T., Maina P., Wanyama H.N. and Ekadeli J.

For further information, contact:
 Food Crops Research Centre (FCRC)
 KALRO-Muguga,
 P.O. Box 30148- 00100, Nairobi
 Email: fcrc.muguga@kalro.org

Design and layout by Emma Nyaola

KALRO/NAV CDP/Avocado brochure No. 161/2024

MAKING AVOCADO STONE FLOUR



Introduction

There has been a gradual increase in the establishment of micro-small and medium-sized food processing enterprises in Kenya. These enterprises focus on producing a variety of nutritious food products as a means to mitigate post-harvest losses and food wastage, prolong the shelf life of food items, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

Avocado stone flour is processed by grinding the seed of the avocado fruit. While most people focus on utilising the pulp, the seed remains largely overlooked. However, it holds significant potential for business ventures. Avocado seeds can be processed to yield flour and oil, offering valuable products. This flour and starch derived from avocado seeds can serve as key ingredients or additives in various food products including cookies and bread.

Requirements for Processing of Quality Avocado Stone Flour

Equipment

Weighing scale, basin containers, dry flour sieve, spoons, a blender, plastic containers, plates, a cabinet dryer/ dehydray/ greenhouse dryer, a gas stove, an oven, a frypan, knives, plastic and packaging jars.

Ingredients

Ripe avocados (one kilogram)



Ripe avocados

(Courtesy James Ndambuki, KALRO)

Procedure

1. Weigh the avocados.
2. Sort and wash the avocados.
3. Cut into half and remove the avocado stone/seed.



Avocado stone

(Courtesy: James Ndambuki, KALRO)

4. Clean the avocado seed and cut thin.

5. Dry the cut pieces to obtain avocado chips.
6. Grind the chips and sieve to produce flour.
7. Package and label the flour.
8. Store in a cool dry place.

Uses of avocado stone flour

The flour is used as an ingredient for fried products such as doughnuts, *mandazi* and baked products e.g. cakes, bread, cookies and muffins.

Basic hygiene during processing

Processing premises

The premises should be spacious to accommodate all required facilities.

Necessary facilities

- Sanitation area-toilets/latrines, changing rooms, hand washing areas and lunch areas
- Proper flooring
- Cleaning stations
- A floor drainage system.

Working rooms

- Room to accommodate all processing activities
- Easy-to-clean floors
- Walls painted white for easy detection of insects, dirt and any abnormalities