

#### IV. Basic Hygiene During Processing

##### i. Processing premises: spacious to accommodate all required facilities

###### a) Necessary facilities

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

###### b) Working rooms should have:

- Space to accommodate all processing activities.
- Clean floors.
- Walls painted white for easy detection of insects, dirt and any abnormalities.
- Adequate lighting.
- Temporary storage – stacked crates for raw materials, pallets for raw material and finished products and food grade containers for storing the cooked *chapati*.
- Good ventilation to allow moderate temperature.
- Windows with insect proof screens.

##### ii. Equipment:

- Should be properly cleaned before and after use.
- Should be sterilized using hot water.
- When wooden should be scrubbed.
- Should be kept dry by wiping with clean cloth and stored in dust free places.

##### iii. 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.

**Compiled by:** Ndambuki J. M., Wayua F. O., Gathambiri C. and Nyaga A.

**Edited by:** Wasilwa L.A., Mbugua D.K., and Kirigua V. O.

For further information, contact:  
FCRC KALRO-Muguga, P.O. Box 30148- 00100,  
Muguga

**Email:** [fcrc.muguga@kalro.org](mailto:fcrc.muguga@kalro.org)

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**KALRO/NAVCDP AVOCADO Brochure  
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## MAKING OF AVOCADO CHAPATI



## I. Introduction

In Kenya, there has been a gradual increase in the establishment of micro, small, and medium-sized food processing enterprises. 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, enhance food security, and make significant contribution to both national employment and gross domestic product (GDP).

Avocado *chapati* is prepared from dried and milled avocado stone. It's made by blending avocado flour with wheat flour, mixing with warm water and salt and then cooking on medium heat using oil. Farmers, especially women and the youth, can develop this nutritious product to increase their income, create employment and become food and nutrition secure.

## II. Requirements for Processing of Quality Avocado Chapati

### i. Equipment

Weighing scale, knives, basins, washing troughs, pulper/blender, charcoal *jiko* and bowl.

### ii. Ingredients

- ❖ Ripe avocados (1 kg)



Ripe Avocados

Source: James Ndambuki, KALRO

- ❖ 2 Cups of Whole Wheat Flour
- ❖ 2 Tbsp of Oil
- ❖ Salt and water as required

### III. Procedure

- Weigh and sort the avocados
- Wash the avocados and cut into two halves and remove the seeds.
- Scoop out the flesh part using spoon and mash well with a stirring stick to a smooth paste.
- In a mixing bowl, add wheat flour, mashed avocado, salt and oil.
- Mix well with hand.
- Add water little by little and knead well until you get smooth dough.
- Leave the dough to rest for 30 minutes.
- Divide the dough into equally sized balls.
- Roll out each balls into round shape.



Rolling of the cut dough into round shape

Source: James Ndambuki, KALRO

- Heat a pan, when it is hot, place the rolled *chapati*, cook on both sides until it turns golden brown colour.
- Serve hot with stew of your choice



*Chapati* ready for serving

Source: Charity Gathambiri

### Uses of Avocado Chapati

- Used as a snack
- Taken as a meal with a stew of choice