

Method of thermoplastic processing by extrusion of mixtures of oilseed meal and cereals into food products includes grinding of cereal crops, sifting, dosing, mixing, extrusion. Seeds of low-oil crops and oilseed meal after pressing, as well as cereal crops, are ground with subsequent sifting to particle sizes ranging from 1.0 to 6.0 mm, mixed into a blend according to specified recipes with a final moisture content of 14.5–20.0% and subjected to thermoplastic extrusion at a temperature of 150–180 °C, a pressure of 18.0–21.0 MPa and a material flow rate in the extruder chamber of 0.02 to 0.025 m/s.