

Method for producing extruded product involves preparing the ingredients, mixing corn grits as the main grain component with a spice component, iodized table salt, and an additional grain component, extruding and shaping of the finished product. Wherein, buckwheat flakes, dried carrots, dried celery, and dried onions are additionally used. Dried dill is used as the seasoning. Ground quinoa and teff seeds are used as the additional grain component, in the following ratio of the specified components, by mass %:

corn grits	60-70
buckwheat flakes	10-15
iodized table salt	0.5-2.0
dried carrots	0.5-2.0
dried celery	0.5-2.0
dried dill	0.5-2.0
dried onions	0.5-1.5
ground quinoa seeds	2.0-5.0
ground teff seeds	the rest.