

Conference Abstract

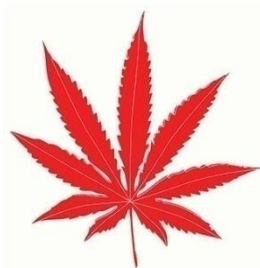
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9th Pak Pharma Healthcare Expo

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Conference Abstract

TO STUDY THE DEVELOPMENT AND CHARACTERIZATION OF FAT REPLACED BROWNIES BY NATURAL FAT REPLACERS AND INFLUENCE OF GLUTEN AND SUCROSE FREE SUBSTITUTES ON IT

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Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Fat Replacer, Greek Curd, Papaya Puree, Celiac Disease, Diabetics, Cardiovascular Diseases

ABSTRACT

The aim of this research was to investigate the effect of papaya puree and Greek style curd combination as a fat replacer in cakey brownies. Ripe papaya was chosen as a fat replacer due to the presence of pectin and protein. Curd was used as a source of probiotics, protein and carbohydrate. The proportion of papaya puree and Greek style curd was used in preparation of low fat cakey brownies, same as the quantity of fat in standard recipe. No fat was added while keeping rest of the ingredients constant. Brownies were prepared in oven at 180°C for 25min. Brownies slices with 25 mm × 25 mm × 25 mm dimensions were prepared after the cake cooled for an hour at room temperature. The sensory analysis was done by 22 panelists and different lab testing was also performed on brownie batter and the baked brownies to check the major quality characteristics. The texture profile analysis showed that the cakes become softer with increasing amount of papaya puree and Greek style curd. The replacement of fat with natural fat replacers influenced the texture of brownies. This successful development was followed by further modification and replacement of all purpose flour with gluten free flour and table sugar with brown sugar to make the product beneficial for celiac and diabetic patients respectively. Hence, it is concluded that papaya puree and non fat curd, gluten free flour and brown sugar can be successfully substituted in cakey brownies to provide a more nutritious, healthy and better

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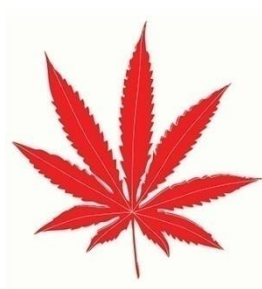
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Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

alternative to CVD, obese, celiac and diabetic patients.



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