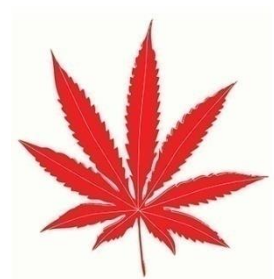




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Conference Abstract

THE EVALUATION OF QUALITY AND SENSORY CHARACTERISTICS OF MUFFINS MADE WITH COCONUT BUTTER

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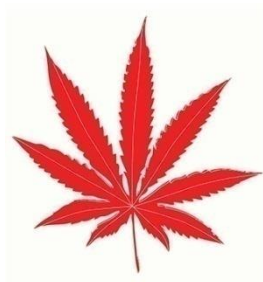
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ABSTRACT

Muffins are a sweet and baked item which is appreciated by people due to its sweet flavor and soft moist texture. The aim of our work was to study the effects of butter replacement with coconut butter on the physiochemical, sensory and quality characteristics of muffins. Butter is a main ingredient in baking goods however it has much adverse health effects like increasing bad cholesterol levels and risk of cardiovascular diseases due to high saturated fat content and cholesterol. Whereas coconut butter is much healthier as it is made from the super food coconut. It has got ample amount of lauric acid which aids in the stimulation of immunity and eradicates harmful bacteria, viruses, and fungi. It fosters metabolism which in turn reduces weight, adding to energy levels simultaneously. Essential amino acids, calcium, and magnesium are all a significant component of the coconut butter. It also provides us with healthy fats so that we feel nourished and fresh. The quality and acceptability of both muffins made with butter and those made with coconut butter were compared. The physical properties were determined using texture analyzer and calipers. A taste panel of 20 panelists showed that the replacement of butter with coconut butter in muffins did not affect the overall quality and acceptability of muffins.



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