

Conference Abstract

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DEVELOPMENT AND CHARACTERIZATION OF FUNCTIONAL RUSKS SUPPLEMENTED WITH CHIA (*SALVIA HISPANICA* L.) FLOUR

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ABSTRACT

The concept of functional food has been trending now a days. Researchers and common people are also taking interest in food of the plant origin. Being a novel and owing to considerable functional properties, *Salvia hispanica* L. used as an important food ingredient. Chia seeds are rich in fiber, ash, protein, polyunsaturated fatty acids (PUFA) and antioxidants. Higher proportion of protein having greater biological value with essential amino acids and high dietary fiber contents prevents against several metabolic disorders and obesity. It is also consist of PUFA helpful in lowering cardiovascular diseases (CVD). Chia seed shows several functional properties by holding a greater amount of moisture which keeps the product fresh for longer period. Rusks are popular among all age groups, easy to store, ready to eat bakery item, most suitable tool for nutrient supplementation and have been providing nutrition for long time. Rusks are also used for baby teething. Functional rusks were prepared by composite flour supplemented with (5%, 10%, 15% and 20%) chia seed flour with objectives to change the fiber contents, nutritional contents and physicochemical properties. Dough rheological behavior was checked by Farinograph and Mixograph. The proximate analysis of the final product was done and total, soluble and insoluble dietary fiber contents, fatty acids profile and inorganic minerals were determined. Physical parameters of the rusks were analyzed. Results indicated that the supplemented rusks were nutritionally superior to that of without chia flour and showed good acceptability by consumer.

Keywords: Functional foods, Chia flour, Rusks, Dietary fiber.

