

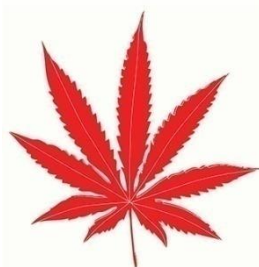


Conference Abstract
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Conference Abstract

FORMULATION AND ORGANOLEPTIC EVALUATION OF GLUTEN FREE VALUE ADDED COOKIES: AN ALTERNATIVE TO MANAGE CELIAC DISEASE

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ABSTRACT

Celiac disease is a complex disease in which body is not immune to a protein known as gliadin, present in various foods and if consume, bowel dysfunction may arise which lead to affect iron absorption. The aim of this study was to made gluten free cookies as an alternate intervention strategy. Gliadin free food sources such as oats as a substitute to wheat, pumpkin seeds as source of iron and psyllium husk as a source to soluble fiber were used in this study. Three types of gluten free cookies were made with different percentage of fiber. Cookies with no extra fiber (T₀), T₁ and T₂ contained 2.5% and 5% fiber respectively. Dough physical characteristic show that T₀ (0% fiber) dough had the highest mean water absorption capacity, WAC (185.00 ± 5.00 g/mL), oil absorption capacity, OAC (95.66 ± 4.041), emulsion activity (61.43 ± 1.20) and emulsion stability (61.56 ± 0.30). Physical analysis of cookies indicated that T₁ (2.5% fiber) cookies had highest diameter (8.025±0.088cm) and spread factor (9.296±1.270) versus other groups. Furthermore, protein, fat, and ash had similar values but moisture content varied considerably across various treatment (T₀ > T₁, T₂). On a scale of 10, sensory score of T₀ for the color attribute was found to be superior 7.4±1.260, aroma 6.46±0.953, taste 7.05±1.312 and acceptability score 6.88±1.628. Overall, T₀ (0% fiber) gluten free cookies were most acceptable and liked by the sensory panelist but the acceptability of the T₁ and T₂ cookies was also comparable.

Key word: