

**DEVELOPMENT OF PROTEIN RICH COOKIE  
USING DESICCATED COCONUT AND SOYA  
PROTEIN ISOLATE**

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## ABSTRACT

Coconut based products becoming popular in Sri Lanka. Nevertheless, less protein content of coconut impairs the nutritional quality of such products. Soy protein powder is rich in high quality protein and it improves the texture, taste and colour of food. This study was conducted to develop protein rich cookie using desiccated coconut and soy protein isolate powder as main ingredients. Three recipes of cookies were prepared in triplicates by incorporating desiccated coconut and soy protein isolate in amounts of 90:10, 80:20 & 70:30 g respectively and using fixed quantities of sugar, brown rice syrup, vanilla, salt, sodium bicarbonate and water. Cookies were baked at 105°C for 2-3 hours. Sensory properties of cookies were evaluated by a sensory panel consisting 30 untrained members using nine point Hedonic scale. Crude protein, total fat, free fatty acid, sugar and moisture contents of the selected sample were analyzed. Sensory data were analyzed by Friedman test ( $p < 0.05$ ) using Minitab software package. As per the sensory results, cookie prepared by mixing 70 g desiccated coconut 30 g of soya protein isolate, 40 g of sugar, 1 g of vanilla, 50 g of brown rice syrup, 1 g of sodium bicarbonate and 20 g of water was found to be the best. This product contained 18.5% protein, 34% of total fat, 21.5% of sugar, 0.9% of free fatty acid and 0.45% of moisture. It can be concluded that protein rich cookie with better sensory properties can be prepared by incorporating desiccated coconut and soy protein isolate at 70:30 ratio respectively.

Keywords: Desiccated coconut, soya protein isolate, protein, cookie.