INVESTIGATION OF A COCONUT FLOUR FORMULATION FOR SPICY SNACK

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ABSTRACT

Coconut flour was incorporated with wheat flour for making spicy snacks. Now a days people more addicted to snacks because of the busy life schedule. So choosing healthy snack can reduce the level of unhealthy problems in this study which aims to develop innovative flour products, specially designed for people intolerant to gluten and for people with diabetes, respectively, but that can be consumed as well by the persons that want to adopt a healthy eating style. In this context, in order to reduce the risks associated with ingestion of gluten, alternatives to replace conventional flours with unconventional ones, are looked for. Based on these considerations, the aim of this study was to optimize the recipe for obtaining coconut flour incorporated spicy snacks. In this study, wheat flour was incorporated with coconut flour in varying proportions of 0, 10, 20 and 30% w/w to prepare a series of flour blends for spicy snack and the possibility of using coconut flour for the production of spicy snack was investigate. Spicy snack thus made were evaluated for nutritional composition, physical characteristics and sensory quality. Nutritional analysis of spicy snacks revealed that it flour has 13.49% protein, 3.64% ash, 44.4% fat, 2.8% fiber and 32.81% carbohydrate. According to the chemical composition of coconut flour (CF) and wheat flour spicy snacks , ash, fiber, fat, protein and carbohydrate content of the snack samples was increased significantly ($p<0.05$) than that of the control. On a 5- point hedonic scale, the highest overall acceptability score was obtained with 20% fortification. Results demonstrated that snacks made up of 20% coconut flour exhibited all the values within an acceptable range.

Keywords: coconut flour, spicy snacks, proximate analysis, sensory evaluation