

DEVELOPMENT OF NUTRIENT BAR WITH DESICCATED COCONUT AND DEFATTED COCONUT FLOUR

A dissertation submitted to the
Faculty of Animal Science and Export Agriculture
Uva Wellassa University

In partial fulfillment of the requirements for the award of
Bachelor of Science in Palm & Latex Technology and Value Addition

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Palm & Latex Technology and Value Addition Degree Programme
Faculty of Animal Science and Export Agriculture
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2014

ABSTRACT

Nutrient bar is a convenient, fortified snack-food containing a blend of simple and complex carbohydrates, protein, fat, fiber, vitamins and minerals. Objective of this research is to develop a nutrient bar using defatted coconut flour which is a by-product of coconut milk production process in silvemills holdings (Pvt) Ltd, Giriulla, Sri Lanka. Desiccated coconut, sesame, peanuts with nutrient bar is high in nutritional value with fat, protein and carbohydrate. The objectives of this study were to determine ratios of ingredients to obtain required calorific value with best level and method for incorporating main ingredient and sensory characters of each treatments, shelf life analysis, proximate analysis, packaging material and cost of the final product. Selected nutrient bar composition can be concluded that 10% DC, 40% defatted coconut flour, peanuts 20%, sesame 5%, plums 16%, honey 6%, low caloric sugar 3%. Cost per nutrient bar is Rs. 32.85.

Key words: Defatted coconut flour, Desiccated Coconut, Value addition