

Formulation of Energy Bar Using Three Varieties and Sensory Evaluation and To Estimate Shelf Life †

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Abstract: The consumption of Traditional food crop millet has been reduced due to the modern lifestyle. To bring back the healthy lifestyle, products could be developed and produced specifically targeted to markets. Energy bars are energy and protein-rich and are packed with complete nutritional value daily. Energy bars were prepared using a mixture of three variety millets (pearl, barnyard, and little millet) with honey and jaggery, whey protein, and Chia seeds been added as toppings, and mixture is made into a fine batter, and it's being pressed on the rectangular shape the bars were kept in the refrigerator for 2hours and are being packed and later stored under ambient conditions. Its stability was continuously monitored for 2 months to ensure its shelf-life and introduce it to the market. The results showed that a net weight of product 30g contains Millets, jaggery, whey protein, honey, dates, and Chia seeds, and millet has a sufficient amount of essential vitamins and minerals, and it's an alkaline food. Energy bars that are easy to digest and can be good healthy snacks

Keywords: whey protein; millet energy bars; alkaline food;fiber;shelf-life; chia seeds.

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Conflicts of Interest

The authors declare no conflict of interest.