

## Amla (*Emblica officinalis*) pomace high fibre fortified biscuit

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### ABSTRACT

Amla (*Emblica officinalis*) dietary fibre enrichment biscuit promising technologies was prepared, Dietary fibre, Vitamin C, and antioxidant enrich biscuit have been developed by incorporation of Amla pomace can be product generated during Amla juice processing, Amla pomace as a fibre source were incorporated at 10, 20, 30 per cent in to a Amla pomace for high fibre biscuit were added 90, 80, 70 per cent Wheat flour for a high fibre biscuit. Sensory evaluation of prepared biscuit showed that up to 20 per cent Amla pomace could be incorporated in the preparation of good quality biscuit the dietary fibre content finished product was about than the control the fibre and Vitamin C concentration were 3.8 per cent of fibre and Vitamin C -0.242 per cent per 100g of in biscuit. This biscuit prepared incordance with the invented process can be supplemented fibre, Vitamin C and antioxidant fortified diet for children and adult like, the fibre enriched biscuit may be helpful in curring the constipation and other aliments of Amla pomace biscuit indicated it to be quite profitable.

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**Key Words :** Biscuit, Fibre, Vitamin, Amla biscuit, Bakery products

### INTRODUCTION

Bakery products are now in common use in India and are preferred and loved by almost every individual irrespective of class aged. Bakery industries have very important role to play in the economic development of the country and also in building the health of people. Amla fruits are in use since from traditional Indian system as medicines because of its therapeutic value (Agarwal and Chopra, 2004 ) Amla has acquired wide popularity all over the world for its medicinal properties. It is rich source of ascorbic acid (vitamin C) and also contains tannin, polyphone, pectin, gallic acid and fibre. Amla fruits are used as medicines to treat common colds, gastric troubles, headache ,constipation, enlarged liver etc. They also play different roles in our human body such as to clean blood , reduce cholesterol and provide energy to heart , brain, and liver and also in the diagnosis of diarrhea. Amla is not used only because of its medicinal value but also they used in the preparation of cosmetics, hair dye, pickles and for the preparation of mouth fresheers. Dietary fibre has been defined as the plant cell polysaccharides and lignin not hydrolyzed by the digestive enzyme of animals and Humans (Dennis T. Gordon, 1989 ). In corporation of fibre sources such as cereal, bran, pulse and husk can increase fibre content of the biscuit, but the biscuit made

by incorporating these materials can not provide a good taste and flavour. Incorporation of amla pomace in biscuit increase fibre content as well as sensory attributes of biscuit (Reddy, 2008).

Dietry fibre is not equivalent to crude fibre because crude fibre are the materials which remain after rigorous treatment of a food sample with acid and alkali (Gilbert .A. Leveille 1976 ).

### METHODOLOGY

#### Preparation of Amla pomace powder:

Juice was extracted from Amla (*Emblica officinalis*) to obtain Amla pomace. Amla pomace was blanched in boiling water ( $80 \pm 2^{\circ}\text{C}$ ) for 3 min, immediately cooled by exposing to air and dried at ( $60 \pm 2^{\circ}\text{C}$  ) for 5 min. Dried

Parameters	Ingredients	Control	Sample A	Sample B	Sample C
Variable parameters	Amla	.....	10	20	30
	pomace flour (g)	100	90	80	70
Constant parameters	Sugar (g )	50	50	50	50
	Fat (g )	40	40	40	40
	Baking powder (g)	1.2	1.2	1.2	1.2