

Development of finger millet and flaxseed crackers

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Finger millet oftenly known as Ragi which is one of the most nutritious crop among the major cereal crops. Ragi is a coarse grain which is rich in fiber (3.6g/100g) and calcium (350 mg/ 100 g). It has low Glycemic index which makes it a boon for people suffering from diabetes and obesity. It takes longer time to get digested and hence keeps check on the blood sugar levels and gives a feeling of fullness in the stomach whereas flax seeds are nutritionally high in alpha linoleic acid (ALA), an omega-3 fatty acid that is heart healthy and also a source of anti-inflammatory precursor molecules. They contain soluble and insoluble fibre, which helps to maintain normal cholesterol levels and promotes optimal bowel function. Different trials were done by combining finger millet and flaxseed with refined wheat flour to make nutritious product *i.e.*, “Crackers”, to finalize the formulation. Finalized product contained 11.04 per cent Poly-unsaturated fat fatty acid, 46.7 per cent dietary fibre and 70.3 mg/100g calcium.

Key Words : Crackers, Calcium, Finger millet, Flaxseed, Omega-3 fatty acid, Wheat flour

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