



RESEARCH PAPER

Development and quality assesment of protein and fiber rich cookies by incorporating chickpea flour, porridge and Psyllium husk

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Abstract : The present study was undertaken to develop protein and fiber-rich cookies by replacement of refined wheat flour with chickpea flour, porridge, and psyllium husk. As the demand for fiber rich food is significantly increasing psyllium husk being one of the richest fiber source it is still underutilized, in this research approach has been made to make it available to consumer in easily assessable form. The objective was to enhance nutritional quality, particularly protein and dietary fiber content, while maintaining consumer acceptability. The cookies were evaluated for proximate composition and sensory attributes. Results indicated that the incorporation of these ingredients significantly improved the nutritional and functional properties of cookies without adversely affecting sensory quality.

Key Words : Psyllium husk, Porridge, Fiber rich, Functional properties

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