

Click www.researchjournal.co.in/online/subdetail.html to purchase.

Effects of different drying methods and value addition of versatile food mix with moringa dry leaves

S. PARVATHI*, M. NITHYA, J. DEVI PRIYA AND R. YOGESHWARI

Department of Home Science Extension, Home Science College and Research Institute (T.N.A.U.),
MADURAI (T.N.) INDIA

ABSTRACT : *Moringa oleifera* leaves have been reported to be a rich sources of vitamins especially, vitamin A and minerals. They are also an excellent source of nutrients such as vitamin C, zinc, calcium, iron and potassium and phytochemicals which have been shown to have positive health effects. The leaves can be eaten as a vegetable. The leaves cannot be stored more than a week without refrigeration due to its perishable nature. Hence, the leaves can be dried and converted into powder. The powder or dry leaves can be used to enhance the nutritional value of the foods. The present paper thus attempts to develop and standardize new innovative value added product using dried moringa leaves. Among the different drying methods studied blanched and shade dried leaves had better nutrient content. Hence the shade dried leaves were used for standardizing moringa leaf versatile food mix. It was standardized by using grains along with pulses in different variations of moringa leaves. Nutritional properties were analyzed. The standardized moringa leaf versatile food mix contains 6.5 per cent of protein, 6358µg of beta carotene and 4.2 g of iron and hence it will meet the average nutritional requirement of 20 per cent of all age groups. The versatile food mix can be stored in Metalized Poly Propylene (MPP) packages upto 6 months with significant changes in their nutritional properties.

KEY WORDS : Moringa leaves, Drying methods, Versatile food mix, Nutrients, Storage

View Point Article : Parvathi, S., Nithya, M., Devi priya, J. and Yogeshwari, R. (2015). Effects of different drying methods and value addition of versatile food mix with moringa dry leaves. *Internat. J. Home Sci. Extn. & Comm. Manage.*, 2 (1): 8-12.

Article History : Received : 05.11.2014; Revised : 17.11.2014; Accepted : 03.12.2014