

# Incorporation of carrot powder with refined wheat flour for the preparation of bread and its evaluation

■ POOJA MAURYA AND MUKTA SINGH

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See end of the paper for authors' affiliations

Correspondence to :

**POOJA MAURYA**

Department of Food and Nutrition,  
College of Home Science,  
Maharana Pratap University of  
Agriculture and Technology,  
UDAIPUR (RAJASTHAN) INDIA  
Email: Poojamaurya88@gmail.com

■ **ABSTRACT** : Carrot is one of the important root vegetables rich in bioactive compounds like carotenoids and dietary fibres with appreciable levels of several other functional components having significant health-promoting properties. Bread is major fermented and baked food products commonly consumed by large number of people. Carrots are nutritionally rich because it contains large amount of essential nutrients, which are helpful in growth, development and beneficial for preventing diseases. Incorporation of carrot powder with refined flour in bread increase the several nutrients; vitamins, especially vitamin A ( $\beta$ -carotene), fibre and minerals. Carrots offer an effective way to produce value added products. The objectives of incorporation of carrot powder with refined flour is to make low cost food and consumed by large no of people and also easily available and have many health benefits. In present study, a systematic approach was followed to develop and standardize the process for the preparation of carrot products. Sun drying method was selected to prepare carrot powder (for drying). Carrot powder incorporated food products was in percentage 10 per cent, 20 per cent and 30 per cent in refined flour 90 per cent, 80 per cent and 70 per cent making total percentage 100 per cent of each product and evaluated for sensory characteristics using nine point hedonic scale and numerical scoring method and crude fibre were also analysed.

■ **KEY WORDS** : Fermented, Baked, Carrot powder, Hedonic scale

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