



**RESEARCH ARTICLE :**

## Whole wheat cookies fortified with composite mix— A novel food

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**SUMMARY :** Obesity is ultimate result of mechanized work culture results into cardiovascular problems, as it is said “*Let Food be thy medicine*” an attempt was carried out to prepare fiber rich cookies with goodness of proteins and minerals. The composite mix was formulated by mixture of raw banana powder and date seed powder (4:1). Described cookies are having benefits of whole wheat (bran, germ and endosperm), raw banana and date seed powder which work for health promotion and as functional food. Cookies were prepared in the proportion of 0, 5, 10 and 15% composite flour. The cookies were subjected to proximate analysis, organoleptic evaluation and statistical analysis (ANOVA). Resultant cookies are rich source of dietary fibre and protein. Results showed the decreasing trend for carbohydrates and calorie value. Organoleptic properties revealed that 10% level replacement of composite mix is acceptable.

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