

Studies on dehydration of *Moringa oleifera* leaves by using different method and its utilization in *Paratha*

■ S.M. Shinde, K.P. Babar and D.T. Bornare

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See end of the Paper for authors' affiliation

Correspondence to :

S. M. Shinde

Department of Agricultural Engineering, Maharashtra Institute of Technology, Auranganad (M.S.) India
Email : swapnashinde43@gmail.com

■ **Abstract** : *Moringa oleifera* is a multipurpose and exceptionally nutritious vegetable tree with a variety of potential uses and its leaves are most nutritious and drying of *Moringa leaves* powder not only increases the micronutrients but also it increases the shelf- life of its powder. In this study three types of drying methods are used sun drying, tray drying and shade drying to improve nutritional property of *Paratha*. Proximate composition of three methods of dehydrated leaves were determined and compared. Four sensory attributes of appearance, aroma, texture, taste and overall acceptability using 9-point hedonic scale. Nutritional value of Dehydrated *Moringa* leaves added sample was compared with a control. Result revealed, obtaining a significant increase in ash and carbohydrate content. Further, obtained a significant improvement in beta- carotene content and mineral content of leaves. 95:5, wheat flour: dehydrated *Moringa* leaves incorporated *paratha* was best considering all sensory attributes. Under proximate analysis of control and Dehydrated *Moringa* leaves incorporated biscuits, obtained a significant difference in ash, crude protein, fibre, carbohydrate and mineral content except moisture and fat. Hence, incorporation *Moringa* leaves into *Paratha* can improve nutritional profile and reduce calorie value.

■ **KEY WORDS** : *Moringa oleifera* leaves, Dehydration, *Paratha*

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