

## Development of iron enriched laddoo by incorporating *Eclipta alba* leaves powder

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■ **ABSTRACT** : Study on the development of iron enriched snack product (laddoos) was conducted with the objective of producing iron enriched product to overcome iron deficiency in different age groups of people. The product was prepared by using dates, sesame seeds and different dry fruits, jaggery and dried *Eclipta alba* leaves powder, which is a highly enriched plant source of iron. Main objective of incorporating *Eclipta alba* leaves in laddoos was to increase its iron content and make it iron enriched to fulfill the iron requirement of all age groups. Results of the study clearly showed that 100 g of product can provide approximately 12 mg iron which can be a good source of iron and can be used as a iron supplement in diet by different age groups of people. The results from the present study revealed that laddoos incorporated with *Eclipta alba* did not affect the taste of the product and found to be highly acceptable, but the colour was darkened compared to control which was due to the colour of the *Eclipta alba* leaves. It was also found from the present study that the overall acceptability of the product prepared by incorporating *Eclipta alba* without adding wheat flour was more, compared to the control group and laddoos prepared by incorporating wheat flour and *Eclipta alba*. Hence, these laddoos can be used as a food supplement to combat Iron Deficiency Anemia (IDA).

■ **KEY WORDS** : Iron, Laddoo, *Eclipta alba*, Leaves powder

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