

Develop different nutritive recipes using chikoo and kiwi peel powder and performe sensory evaluation

Isha Sachdeva and Swati Sharma

Chikoo and kiwi peel powder contain high amount of magnesium, potassium, vitamin A, vitamin C, calcium and has numerous therapeutic benefits. Due to its healthy beneficial properties it was incorporated with other ingredients and turned into chikoo and kiwi peel powder and new recipes - Chikoo and kiwi peel powder “*Samosa*”, Chikoo and kiwi peel powder “*Burfi*”, Chikoo and kiwi peel powder “fruit cream”, Chikoo and kiwi peel powder “burger”, Chikoo and kiwi peel powder “ice cream pudding”, Chikoo and kiwi peel powder “Aloo cutlet” was subjected to sensory analysis. Both chikoo and kiwi peel powder recipes was liked by the 15 experts. Its appearance, colour, taste, texture, odour and overall acceptability were liked moderated (scores 10) by panel member. Both type of recipes – were highly nutritive. They were excellent source of potassium, vitamin A, vitamin C, contained sufficient amount of calcium and protein. It can be concluded that the product were tasty, healthy, safe to use and low in cost thus, can be a part of daily diet of individual, without changing there regular dietary consumption.

Key Words : Preparation chikoo, Kiwi peel powder, Fortified chikoo, Kiwi peel powder, Chikoo, Kiwi peel powder recipes, Sensory, Nutritional evaluation

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