

Utilization of *Moringa oleifera* leaves powder as a functional food ingredient in traditional food product

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■ **Abstract :** *Moringa oleifera* is a multipurpose and nutritious vegetable tree with a variety of potential uses and its leaf is most nutritious. Dehydration is carried out by three methods *i.e.* tray drying, sun drying shade drying. Drying of *Moringa* leaf powder not only increases the micronutrients but also increases the shelf life of its powder. The nutritional potential and antioxidant component present in *Moringa* make it suitable for preparation of various traditional products. So *Moringa* powder is fortified as functional food ingredient in *paratha*. The main ingredients in *Paratha* are wheat flour and refined wheat flour is deficient in protein, vitamins and minerals. Use of *Moringa* leaves powder in *paratha* not only increases the nutritional value but also help to resolve problem of malnutrition. It has many health benefits like antioxidant, it prevent skin diseases, diabetes, cancer, cold and flu, proper digestion, anti-tumour, anti-inflammatory, cholesterol lowering, anti-bacterial and anti-fungal properties etc. The objectives of this review to study the nutritional or proximate composition of *Moringa paratha* and evaluate its acceptability through sensory evaluation tests.

■ **Key words :** *Moringa oleifera* leaves, Health benefits, *Paratha*

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