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Development of nutritional bakarwadi with incorporation of cauliflower leaves powder

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■ **Abstract :** Cauliflower is the most common cruciferous vegetables largely grown in India. Cauliflower leaves use nowhere because it has higher waste index. Cauliflower leaves are rich in beta carotene and iron. The fresh leaves collected. Fresh leaves were washed then blanched them for 2 minutes at 80^0 C. The drying techniques used in the present study for dehydration were Sun drying, Tray Drying, Microwave Drying at different temperaturesuntil constant weight obtained. Dried cauliflower leaves using tray drier (40^0C for 9 hours).100g cauliflower leaves powder contained 6.07% moisture,18.19% protein,0.73% Ash,1.33% Fat,11.33% Fibre,73% Carbohydrate,66.44% iron, 5.23% beta carotene. Therefore cauliflower leaves powder utilized in Bakarwadi, Thus reducing wastage. The refine flour, Gram flour was blended with cauliflower leaves powder in the ratios of 50:50:0, 50:45:5, 50:40:10, 50:35:15 separately for development of nutritional Bakarwadi. The developed product stored in LDPE and HDPE packaging material for 60 days, the changes observed on the basis of sensory characteristics. On the basis of sensory evaluation, Bakarwadi prepared from 50:45:5 refined flour Gram flour: Cauliflower Leaves powder was well-balanced with good acceptability and store ability of developed nutritional Bakarwadi.

■ **KEY WORDS :** Cauliflower leaves powder, Drying methods, Chemical composition of powder**,** Product

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