

## Utilization of banana pseudo-stem in food applications

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Received : 10.04.2018; Accepted : 13.04.2018

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■ **Abstract** : The banana is one of the highly consumed fruits in the world, with a global annual production of 114 million metric ton in 2014. The annual production of banana in india is 26.2 million tons. The banana fruit, peel, and banana pseudo-stem from various species of banana have been reported to be rich in total carbohydrates, fibre and minerals specially potassium. Banana pseudo-stem is waste from banana plants after harvesting of the trees. It is used for preparing handicrafts, ropes, fabrics, Papers etc. In order to utilize this bio-waste in bioactive perspective, the pseudo-stem can vary well be utilized in the powder form in the number of value added food products. It has been reported by number of researchers that banana pseudo-stem powder is well known remedy for urinary disorders, stomach troubles like diarrhoea, dysentery and flatulence. It also helps for removal of stone in kidney, gall bladder and also to control obesity. Banana pseudo-stem powder is prepared by cutting into dices and then drying into powder as varying temperatures from 40°C to 70°C. Banana pseudo-stem powder is utilized into the different food products such as bakery products viz., bread, biscuits, cookies and also in dairy products such as shrikhand, paneer, cheese etc. to fortify these products with fibre, total carbohydrates and minerals. The food products which are fortified by banana pseudo-stem powder served as nutraceutical food and these show nutritional improvement as well as prove as medicine.

■ **Key words** : Banana pseudo-stem powder, Fibre, Potassium, Fortification, Nutraceutical

■ **How to cite this paper** : Thorat, R.L. and Bobade, H.P. (2018). Utilization of banana pseudo-stem in food applications. *Internat. J. Agric. Engg.*, **11**(Sp. Issue) : 86-89, DOI: 10.15740/HAS/IJAE/11.Sp. Issue/86-89.