



## RESEARCH PAPER

# Formulation and quality evaluation of little millet bar based on consumer study

V. Hemalatha\*, K. Swapna, Niveditha Kondepudi<sup>1</sup>, B. Sai Kalyan, P. Arun Kumar and G. Pranay Babu  
College of Food Science and Technology, Acharya N. G. Ranga Agricultural University,  
Guntur (A.P.) India

**Abstract :** Millets, the Nutri – cereals which are highly nutritious and non–glutinous foods. The consumption of millets was decreasing day to day because of unavailability, inconvenience to cook and low palatability etc. Hence, this study aimed to develop a millet bar based on Online consumer study on consumption of millets. The consumer study says that the preference of little millets by the consumers is very low, inspite of its high nutritional value. Compared to other millets, the little millets are high in fat content, high in Zn and Cr. And also there is wide requirement of a product which can instantly supply the nutritional requirement of individual in this busy life. The change in life style, eating habits, fast life is making us far apart from the millets. Keeping this in view, we decided to develop a Millet based bar which can supply high nutrition along with micronutrients based on consumer study. So, a millet bar was prepared with little millets (which was least preferred by consumers) in different amounts in addition with (0%,15%, 20%, 25%), rolled oats, nuts (almonds, cashews) and seeds (flax seeds, sunflower seeds, pumpkin seeds). The developed bar was evaluated for sensory attributes and physico-chemical attributes with standardized methods. The organoleptic evaluation showed significant difference between the variations and the highly accepted product was chosen (20%). Under the physico-chemical analysis, the moisture content of 25% millet bar has less, compared to other variations, hardness is more for sample V25 and there is an increased deviation (“E\*”) of color along with increased millet proportions.

**Key Words :** Millets, Nutri bar, Market survey

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**\*Author for correspondence :**

<sup>1</sup>Department of Food Business Management, College of Food Science and Technology, Acharya N. G. Ranga Agricultural University, Guntur (A.P.) India