

# Banana Flour Incorporated Biscuits

## Invention Summary:

Biscuits were formulated by replacing refined wheat flour with banana flour

## Technology overview:

Biscuits are a diverse group of bakery products which come in a variety of fat and sugar contents, textures, shapes, sizes and flavors. Wheat flour or any other cereal flour is the main ingredient used in the preparation of biscuit dough. Majority of biscuits are high in carbohydrate, fat and calorie, but low in fiber content. These attributes have set them as unhealthy snacks for daily consumption. Therefore, alternating the ingredients used in biscuits with potential nutritive ingredients would be beneficial to improve the nutritional quality of the biscuits. Refined wheat flour, the major component of nearly all biscuits, contains higher proportion of starch and lacks in dietary fiber and micronutrients which are important health promoting components. Therefore, to improve the nutritive value of biscuits, there is a need for replacing refined wheat flour with flours of better nutritive quality. Fully mature unripe bananas were identified as a promising source to obtain gluten-free flour which is rich in dietary fibers (including resistant starch) and amylose. Relevant scientific studies have confirmed the possibility of using banana flour as an alternative in formulating bakery products. Therefore, biscuits were formulated by replacing refined wheat flour with banana flour to improve the nutritional quality of biscuits.

## Potential application:

To fulfill the demand of health-conscious consumers who wish to consume healthy food without changing their diet or dietary habits

## Advantages of the product:

- Contain dietary fibers including resistant starch
- Benefit the farmers those who cultivate Banana varieties

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