Banana Flour Incorporated Pizza Dough

Invention summary:

Pizza dough was formulated by replacing refined wheat flour with banana flour

Technology overview:

Pizza is a baked product of Italian origin consisting of a leavened flat bread and a topping. It is categorized among the world's most widespread baked products. The consumer demands in the field of food production have changed considerably with the increasing consumers' awareness on the direct contribution of foods to their health. Currently there is an increasing demand for nutritious foods with desirable functional characteristics. On an average, the topping comprises about 45% of the weight of the finished pizza and 55% is the flat bread (crust). Refined wheat flour is the main ingredient used in the preparation of pizza dough. By replacing refined wheat flour with flours of better nutritive quality, the nutritive value of a pizza can be enhanced to meet the expectations of health conscious consumers. 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, pizza dough was formulated by replacing refined wheat flour with banana flour to improve the nutritional quality of a pizza.

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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