

Horse Gram Based Nutritious Granola Bar

Invention summary:

Horse gram is a nutritious and healthy raw material which can be used to formulate nutritious food products. Horse gram is underutilized due the longer time taken for preparation of meals. It contains a high amount of protein, minerals, fibre, resistant starch and a low GI value. The horse gram based nutritious granola bar is a snack food. This product can be introduced as a nutritious granola bar which contains a considerable protein content (i.e. one third of RDA value of protein for children - Food Labelling and Advertising Regulations -2005).

Technology overview:

Horse gram based nutritious granular bar has been formulated using processed grains and nuts with sugar syrup for binding. Red rice was processed into puffed rice and horse gram was processed into horse gram flakes. Ground nut was roasted and crushed into pieces and dried fruit pieces were added e.g. dates and raisins. These processed grains, nuts and dried fruit pieces were bound using sugar syrup. The nutritional value, flavor and taste can be further enhanced by adding condensed or milk powder.

Potential application:

Most cereal bars available in super markets are imported products with high prices excluding a few local products. Such imported products do not address the nutritional requirement or health benefit to any age of the population. This product can be introduced as a healthy and nutritious product.

Advantages of the product:

- Ready to eat
- Nutritious and healthy
- Convenient and tasty
- Appropriate for those with a busy life style

Inventor/s

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