



Food bar with Water Lily seeds (Olu bar)

Invention Summary:

Easy eating handheld type of food made of Lily seeds to fulfill the dietary needs

Technology overview:

With the busy lifestyles of people, nourishing and on the go product is a requirement in fulfilling dietary needs. As an alternative to the available mouth pleasant snacks, healthy/low calorie nutrient rich product is a need in present society. Water lily seeds can fill that gap. Food bar with water lily seeds is made out of puffed water lily seeds and sweeteners which resulted the characteristic texture and flavor. In addition to being tasty, water lily seeds are rich in nutrients and high in dietary fiber, which helps the digestive system to be kept moving and lower the cholesterol levels.

Potential Applications:

Food bar with water lily seeds is a great snack for kids or dieters.

Advantages of Olu Bar:

- Value addition to underutilized water lily seeds
- Can produce as small and medium scale
- Comparatively less cost of production

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