

Development of Healthy Extruded Products with Nutrient-Dense Crops

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Abstract: *The growing demand for healthier and functional foods has led to the exploration of nutrient-dense crops for the development of extruded products. Extrusion technology offers an efficient means of processing these crops into convenient and shelf-stable products while retaining their nutritional benefits. This paper explores the formulation, development, and nutritional evaluation of extruded products made from nutrient-rich crops such as quinoa, amaranth, millet, and legumes. The study investigates how these crops can enhance the nutritional profile of extruded snacks and cereal products, while addressing consumer demand for healthier alternatives*

Keywords: nutrient-dense crops