

To Evaluation of Nutritive Biscuit with Herbal Extract

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Abstract: *The growing demand for functional foods has encouraged the development of nutritionally enhanced bakery products. This project aims to formulate and evaluate a nutritive biscuit enriched with selected herbal extracts to improve its health benefits without compromising sensory qualities. Herbal extracts such as Moringa oleifera, Ocimum sanctum (Tulsi), and Zingiber officinale (Ginger) were incorporated into the biscuit formulation due to their known antioxidant, antimicrobial, and therapeutic properties.*

The biscuits were prepared using standard baking procedures, replacing part of the wheat flour with varying concentrations of herbal powders. A comprehensive analysis was conducted, including proximate composition (moisture, protein, fat, ash, fiber, and carbohydrate), phytochemical screening, and antioxidant activity. Sensory evaluation was carried out by a panel to assess taste, texture, aroma, and overall acceptability.

Results showed that the herbal-enriched biscuits had improved nutritional value, particularly in terms of fiber content and antioxidant potential, compared to the control. Sensory analysis indicated good consumer acceptability at optimal herbal extract levels.

This study concludes that incorporating medicinal herbs into biscuits is a viable strategy to develop functional snacks with enhanced health benefits, catering to the growing interest in natural and health-promoting food products.

Keywords: bakery products

