

# Formulation of Sprouted Green Gram (*Vigna radiata*) Incorporated Cookie

Prathusha R<sup>1</sup> and Cynthia S J<sup>2</sup>

Student, Department of Food Processing Technology<sup>1</sup>

Assistant Professor, Department of Food Processing Technology<sup>2</sup>

PSG College of Arts and Science, Coimbatore, India

**Abstract:** Pulses hold an important place in our daily diet. Green grams were the most wholesome one among all the pulses that is rich in protein. Green gram sprouting in general is a good source of proteins and vitamins. Moreover, reduction of the oligosaccharides during germination process as  $\alpha(1-6)$  linkages are indigestible by mammalian enzymes, helps in the reduction of flatus potential of the gram. This study investigated the formulation and acceptability of Cookies that are incorporated with Sprouted Green grams under two variations such as Sweet cookie and Masala cookie. Present study includes standardization of the cookies, organoleptic evaluation, nutrient and cost calculation of the formulated cookies. Among the variations, sweet cookie (variation 1) was found to be more acceptable comparatively. On the supplementation of sprouted green gram, protein content was increased. The cost of the formulated cookie was found to be Rs.5/- per cookie. Formulated cookies also had better micronutrient content. It can be concluded that Sprouted green gram incorporated Cookie can be prepared with good sensory, nutritional quality and it is also a cost-effective product as a means of nutrient enrichment. Hence, Sprouted Green grams could be utilized to progress the nutritional status of the people.

**Keywords:** Sprouted Green Gram, Cookies, Value Added Cookie, Pulse Cookie

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