

# **DEVELOPMENT OF MIX FLOUR BASED CHIA SEED COOKIES WITH IMPROVED FUNCTIONAL AND SENSORAL ATTRIBUTE**

**Dissertation for the Degree of Master of Science  
Foods and Nutrition**

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## **Abstract:**

This study was conducted to determine the acceptability of both the chia seeds cookies. Cookies were developed by incorporating chia seeds with oats, corn flour, Wheat flour, honey. Acceptability of both the chia seeds cookies done through sensory evaluation and laboratory analysis of the cookies. In sensory evaluation, through score cards and hedonic rating rates were given by panel members about the acceptability of cookies from four different variations. The sensory results revealed that according to texture and taste Sample 1, sample 3, and sample 4 was not much liked by panel members while Sample 2 was liked extremely by panel member and Sample, 2 was selected to send in laboratory for analysis of nutrient content in it.

In laboratory analysis, per 100 gm cookies Energy 492 kcal, protein 5.9gm, Energy 492 kcal, protein 5.9gm, total fats 20.4gm, carbohydrate 71.2gm, Sugar 20.6 good result of iron content in it. According to them also this healthy iron rich cookies were best option against different biscuits.

**Keywords:** Cookie, Chia seed, protein, Biscuits, Energy, Child Nutrition