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Formulation and sensory acceptability of flat bread from kocho with broad bean (*Vicia faba L*) and quality protein maize (*Zea mays*) flours

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Kocho, a nutritionally poor food product of *Ensete*, is prepared from bulk of starch obtained from mixture of decorticated leaf sheaths and grated corm of *Ensete*. It is used as staple food by many households in Southern Ethiopia. Therefore, this study intended to formulate flat bread from kocho blended with broad bean and quality protein maize (QPM) and evaluate its nutritive and sensory quality. Baseline study was conducted on consumption pattern. Samples were procured from markets of study area. Bread samples were prepared from blends of kocho, broad bean and QPM flours at different ratios: 50:35:15, 50:30:20, 50:25:25 and 50:20:30 respectively. Control bread was prepared from 100% kocho. Sensory evaluation and Proximate composition analysis was conducted at Hawassa University. Mineral and phytic acid contents were analyzed at Ethiopian Public Health Institute (EPHI) laboratory, Addis Ababa. It was found that crude protein content was increased from 1.72% in control bread to 11.35% in blending ratio of 50:35:15, the crude fat content from 0.83% in control bread to 3.06% in blending ratio of 50:20:30. Crude fiber from 4.32% in control to 10.11% in blending ratio of 50:35:15. Sensory attributes of all samples were acceptable. In conclusion, blending kocho with legumes could improve the nutritive value with acceptable sensory quality. This finding can be transferred to the community in the study area and can easily be adopted.

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