

## **A healthy snack in the form of a fruit and vegetable smoothie, as a high-fiber form of a second breakfast**

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Fruits and vegetables are an inseparable element of a properly balanced diet. It is related to the characteristic pro-health properties resulting from the presence of bioactive compounds. Unfortunately, the traditional form of fruit and vegetables is no longer attractive to consumers who are looking for food that is a quick snack and an alternative to the traditional second breakfast. In addition, the consumer expects that the food product will easily satisfy hunger. Therefore, in order to increase the consumption of fruit and vegetables, alternative forms of snacks are sought. In addition, it is expected that the obtained product will be characterized by health-promoting properties and its consumption will be in line with the current trends of leading a "healthy lifestyle". Therefore, the aim of the work was to develop a product in the form of a healthy fruit and vegetable snack for children, which is an alternative to second breakfast and has a number of functional properties.

The conducted research showed that the obtained smoothie may be characterized by a high content of fiber and have a number of health-promoting properties (high antioxidant potential), as well as have a significant impact in the prevention of non-communicable diseases. Also, the high ability to inhibit  $\alpha$ -amylase and  $\alpha$ -glucosidase proves the anti-diabetic properties of the product. Also, the obtained results suggest that two of the three developed products are characterized by a low glycemic index. This is particularly important due to the need to maintain the correct level of glucose in the blood.

### **Biography**

Kamil Haladyn is currently a PhD student at the Wrocław University of Environmental and Life Sciences. He has done Master of Science in Food Technology and Human Nutrition. He is a member of the Plant4Food research group at the University of Life Sciences in Wrocław. Throughout his studies, He was a member of the Student Research Clubs, of which today he is the auxiliary supervisor. Since 2022, He has been a member of the Polish Society of Food Technologists.

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