

## **Development And Nutritional Evaluation of Brownies Incorporated with Pumpkin Seeds Flour**

Roshini. D<sup>1</sup>, Renu Agarwal<sup>2</sup>, Suganya. K<sup>3</sup>

<sup>1</sup> M.Sc Student, Food Science, Nutrition And Dietetics, Department Of Home Science  
S.D.N.B Vaishnav College for Women, Chennai, Tamilnadu, India

<sup>2</sup> Assistant Professor, PG Department of Home Science - Food Science, Nutrition and Dietetics  
S.D.N.B Vaishnav College for Women, Chennai, Tamilnadu, India

<sup>3</sup> Assistant Professor, PG Department of Home Science - Food Science, Nutrition and Dietetics  
S.D.N.B Vaishnav College for Women, Chennai, Tamilnadu, India

### **ABSTRACT**

*Pumpkin seeds are one of the under-utilized crops. Generally it is considered as an agro waste. Now a days pumpkin seeds have received considerable attention due to its health protective and nutritional benefits. The competing demands of taste and health pose a dilemma for consumers as well as the food industry. Consumers are looking for tasty, healthy food based products which might not harm, but may prove to be beneficial for their health. Healthy foods may be formulated with addition of various functional foods, in order to make it palatable and frequently consumable. In this research work, an attempt was made to popularize the seeds of cucurbita maxima as food and nutritious brownies, by formulating brownies with incorporation of roasted pumpkin seed flour. Pumpkin seed flour was processed into powder and used to substitute wheat flour in production of brownies. Brownies were prepared from different blends of wheat flour and pumpkin seed flour in the ratios of 100:0, 90:10, 80:20, 70:30, 60:40 and 50:50 respectively. The brownies were analysed for organoleptic and nutritional properties. The organoleptic evaluation showed that a brownie made from 40% of pumpkin seeds flour was highly acceptable and they are more nutritious than control brownies. The developed brownie was rich in energy, protein, fat, carbohydrate, fibre, iron, calcium and ash.*

**KEYWORDS:** *Pumpkin Seed Flour, Formulation, Brownie, Nutritional Property*