

## Development of Value Added Product Based on Millets and Hemp Seed (cannabis sativa L.)

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**Abstract :** In the recent years increasing interest in vegetarian diets has been observed, a major problem in this type of diet is to provide the appropriate amount of protein. Value addition of food is current most talked topic because of increasing nutritional awareness among consumers today. An investigation was conducted to develop protein rich multi-millet hemp seed khakhra. The seeds of cannabis sativa L. have been a significant source of food for thousand of year. In recent years, hemp has not been thoroughly explored for its nutritional potential due to the mistaken belief regarding the cannabis plants. Methodology- two variations was prepared referencing standard recipe. Variation 1 was prepared using 25g ragi, 25g bajra, 40g whole wheat flour with 10g hemp seed powder, variation 2 (RF-25g, BF-25g, WWF-35g, HS-15g). The product was subjected to sensory evaluation by semi trained panel members using 9 point hedonic on 50 panelists. Result- result of the sensory evaluation revealed that the product incorporated with 15g of hemp seed were similar to control I texture, taste and overall quality and was more acceptable by the panelist and was selected as final product seed. On estimation of the nutrient content 30g of khakhra provides 107kcal of energy, 12g protein, 75g carbohydrate, and 9.6g of fats with shelf life of 3 months. Conclusion- khakhra can be eaten as a snack at any time of the day. hemp seed powder incorporated in it enhances its nutritive value and makes it more nutritious. It is suitable for consumption of all the age group.

**Keywords :** cannabis sativa, hemp, protein, seed

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