

## Improved Postprandial Response and Feeling of Satiety After Consumption of Sour Cherry Pomace Enriched Muffins

**Authors :** Joanna Bajerska, Sylwia Mildner-Szkudlarz, Pawel Górnas, Dalija Segliñac

**Abstract :** Sour cherry pomace (CP) by-products obtained during fruit processing, was used to replace the wheat flour in muffin formula on the levels 20% (CP20) and 30% (CP30). The sensory profile of this muffins were characterized, and their impact on glycemic response and appetite sensation were studied. Randomized crossover study where test subjects were given either plain muffin (PM) or CP20 or CP30 during 2 different occasions. In the first study test muffins with equivalent of 50 g available carbohydrate were consumed. Blood glucose was measured before and up to 120 min after consuming the test muffins. To study satiety response in the second trial of the test muffins (portion 1700 kJ per serve) were ingested. Sensory analysis was performed earlier by a sensory panel consisting of 10 well-trained individuals. It is acceptable to incorporate CP into a muffin formula at concentrations up to 30%. With the CP muffins treatment, the glucose responses were significantly lower at 30, 45 and 60 min of the intervals also the incremental peak glucose was 0.40 mmol/L and 0.60 mmol/L lower than for PM. CP20 and CP30 also improved satiety as compared to PM. CP can be a good functional ingredient of functional bakery products to assist in managing glucose levels and satiety in healthy individuals.

**Keywords :** muffins, postprandial glucose, sensory analysis, satiety sour cherry pomace

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