

The Use of an Extract from the Polish Variety of White Mulberry Leaves in Flat Bread of Paratha Type

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Abstract : The pace of life of modern society promotes the occurrence of affluence diseases. Functional food, which design and consumption by the consumer may be useful in the prevention of occurrence of different diseases, is becoming the alternative of food products available in the market. Design and determination of properties of flat bread of paratha type with the addition of an extract from the leaves of white mulberry became the overriding objective in the presented study. The centuries-old use of mulberry leaves in alternative medicine gave hope to obtain positive effects of the undertaken activity. In the designed product, stability, and content of polyphenols as well as their antioxidant properties were tested. Moreover, in the paper an aqueous extract of mulberry leaves obtained on semi-technical scale was described. It is rich in polyphenols, which results in its antioxidant activity. The addition of the extract significantly increased health-promoting qualities of paratha. The 3% extract addition to the dough turned out to be the most desired by the consumer group.

Keywords : mulberry leaves extract, flat bread, paratha, antioxidant activity

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