

## Development of protein rich healthy snack: Horse Gram cake

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**Statement of the Problem:** Malnutrition is an alarming issue that is unacceptably high and affects every country in the world, expressly the Asians. Studies have shown that world's adults about 39% are obese and 9% are diabetes, as there is no proper intake of nutritive food. Protein rich foods will pave a part of way for obese and diabetes. The product Horse gram cake, a rich proteinaceous snack which helps to retain nutritious balance in human body. Horse gram (*Macrotyloma uniflorum*) an underutilized pulse crop cultivated in dry areas of Australia, Burma, Sri Lanka, India that occupies a chief place in human nutrition and an inexpensive source of proteins (22%) and is also rich in minerals such as calcium (287mg), phosphorous (311mg), iron (7mg) and vitamins such as carotenes, thiamine, riboflavin, niacin and L-ascorbic acid. It is used ethnically to reduce obesity, diabetes, urinary stones, piles etc. Palm jaggery also helps in weight loss, heals constipation and a chief source of nutrients and minerals. The main purpose of the product is to provide healthy snack that carried the essential nutrients and reduce the level of diabetes, obese and other malnutrition for enrichment of human health. Therefore, the snack will take a significant step to decline the rate of malnutrition.

**Methodology & Theoretical Orientation:** A simple random survey was carried out to 150 consumers of different age groups with a set of questions about the taste, preference, acceptance, aroma, texture of the cake. The framework was utilized to focus on the people with diabetes, obese and general people as well to make them apprehend and inculcate the significance of the horse gram cake.

**Findings:** The consumers in this survey putative the product and were greatly cooperative. They were given a vignette idea about the horse gram pulse and found it exciting and informative as there were unaware of the product. Although there are many products in markets for balancing obese and diabetes, this cake was outstanding other products with their taste, aroma, appearance.

**Conclusion & Significance:** The horse gram and palm jaggery are considered to be rich in protein, minerals, vitamins. Hence, consumption of protein-rich foods will make the people have a balanced meal. The horse gram cake aid people lessen the obese, diabetes and other related illness. The survey also clearly had affirmative responses and created an awareness about the horse gram. Horse gram, being a locally available pulse, can be used extensively for salubrious diet to enrich human fitness with mandatory nutrients

## Biography

Vignesh Manoharan has nurtured skills in Food Processing, Management and Horticulture who is a passionate person in enlightening safe and secured food to the globe. He has array of experience in R&D, team work, headship skills and participated in various competitions and has secured many awards of appreciation. He has the ability of multitasking as well. He and his colleague after erudition of technical and managerial skills had an astute chance to provide wholesome products for the people to consume balanced diet. Their dream came true through the innovation of the first product "Horse Gram Cake" which was a successful launch and many others of their products are in the pipeline.

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