PREPARATION OF DIET ASSAI-FILLED COOKIE

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According with Brasil Food Trends 2020 publication, healthfulness and well-being category are among global trends for food consumption. This category includes functional foods, diet products and food for weight control (diet/light/low sugar), and natural products. Preparation of fruit-based products and those with functional properties has been studied by several authors. The purpose of this study was to develop a diet assai-filled cookie and evaluate its physico-chemical and nutritional composition. For diet molded cookie preparation, flour, starch, polydextrose, sweeteners, palm fat, soy lecithin, salt, chemical yeast, sodium bicarbonate, and ammonium bicarbonate were used as ingredients. For filling preparation, frozen assai pulp from Ilha de Marajó–Belém - Brazil, assai powder, polydextrose, maltodextrin, pectin, acacia gum, sweeteners, and body agents were employed. Filling was characterized with respect to pH, soluble solids, total acidity, water activity, color (L*, a* and b* parameters), total anthocyanin and total polyphenol contents, immediately after the process and after 30 days of storage. At 30 days of storage, small significant differences in pH, soluble solids, total acidity, water activity and color were observed. Furthermore, the anthocyanin loss in filling was around 52% after the storage time. Filled cookie was evaluated for moisture, ash content, total lipids, proteins, carbohydrates, food fibers, and calories, using internationally recognized methods. According to the results, the cookie contained about 3% of food fiber, being considered as fiber source. The cookie could also be considered as low-calorie, similar to the product found in the national market, which is classified as Zero sugar.

Keywords: assai berry, filled-cookie, functional foods