Effect of morama flour on textural, nutritional and functional properties of cookies

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Morama bean cookies were prepared by incorporating morama flour (10%, 20% and 30%) into wheat flour. The morama cookies including a 100% wheat flour as a control, were evaluated for their physical, chemical, nutritional, textural and sensory characteristics. All of the morama cookie samples showed high fiber, mineral and protein contents when compared to those from 100% wheat flour. Incorporation of morama flour improved the color of the cookies to a golden brown; in addition, the cookies became crispier and were nutritionally rich as compared to the 100% wheat flour cookies. The morama cookies also had higher phenolic content compared with the control, which increased its functional and antioxidant properties. The cookies were safe microbiologically as well as chemically up to 6 months of storage. Considering the physico-chemical and sensory properties, including the cost of developing the morama cookies, incorporation of 20% morama flour was found to be optimum.