EVALUATION OF COOKIE MADE WITH OAT FLAKES AND GRAPE-SEED OIL


The biscuit type cookie has been increasingly consumed in different segments of consumer market. The oats addition during the elaboration of cookie improves its characteristic nutritional. The grape-seed oil is widely used in Europe and USA, because it has greater amount of linoleic acid, among other functional characteristics. Due to this, this study evaluated the replacement of corn oil, normally used in the preparation of cookies, by grape-seed oil and, also, the addition of oat flakes. The product obtained was 7.2% in fibers and, therefore, can be classified as a food that helps in the functioning of the intestine, because the ANVISA requires at least 3% of fibers; 1.9%w/w protein total, 4.1%w/w lipids content, caloric value of 356.0 kcal/100g and 0.38 water activity, ensuring low development of micro-organisms. It was made a sensory analysis for cookies in relation to the attributes appearance, aroma, texture and flavor, using a nine points hedonic scale. Sensory analysis was performed with a group of fifty tasters not trained, using a sample prepared with corn oil for comparison. The results analysis showed significant difference between the samples only for the attribute aroma, probably due to the smell sharper grape-seed oil when compared with the corn oil. Because of the beneficial properties and amount of polyunsaturated fatty acids present in grape seed oil, the change of the oil used in the preparation of cookies is a good option nutritional and functional.