CHARACTERIZATION OF COOKIES ADDED WITH GOLDEN FLAXSEED

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Flaxseed gold is a functional food rich in omega 3 and 6, has in its chemical composition about 30-40% fat, 24% protein, 20-28% total dietary fiber, 4-8% moisture and 3 4% ash, and vitamins A, B, D and E, and minerals. This study aimed to develop cookies added flaxseed meal to enrich it with fatty acids Omega 3. Three formulations were performed in 0, 10 and 20% flax seed meal of which was made of physical-chemical moisture, protein, ash, fiber, lipids, fatty acid quantification, texture and sensory analysis. The results were submitted to ANOVA and averages evaluated by Tukey (p <0.05). The addition of flax-seed flour caused a significant increase in moisture, lipid, fiber, ash, omega 3 fatty acids, and have better sensory acceptance as to flavor, texture and overall assessment. With respect to texture, there was a decrease in the breaking strength of the cookies. Thus the formulation with 20% of flax-seed meal showed the most interesting, because it has been better accepted sensory and especially a 30 times increase in linolenic acid content.