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Obtaining fortified product by adding flaxseed and soya flour to hazelnut paste

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In this study, the effects on the sensory, textural properties and oxidative stability of the addition of soya and flaxseed which are admitted as functional food due to their potential health benefits were investigated. For this purpose, non-fat soya flour and milled flaxseed were added to hazelnut paste samples in ratios of 5%, 10% and 15% percent and then the mixtures were stored at $21 \pm 2^\circ\text{C}$ for a period of 3 months. The changes in the physicochemical and sensorial properties of the samples were then analyzed. According to the results of the research, while the instrumental texture parameters of paste samples were not affected by the ratio of addition, significant differences were observed between samples in the sensorial textural parameters like spread ability, graininess and stickiness. The paste samples which were the most favorite in flavor and overall acceptability were the ones containing 5% soya and 5% flaxseed and the control sample. Compared to others a distinct decrease has been especially determined in the induction period for samples with 10 and 15% flaxseed addition. At the end of storage period, paste sample containing 5% soya was revealed the minimum peroxide and free fatty acid values. Due to its potential health benefits, addition of soya and flaxseed to hazelnut paste at the ratio of 5% which is one of the important nutrition consumed at breakfast, will increase this nutrition consumption and help them become part of daily diet.

Biography

Yesim Altunoglu is currently pursuing a PhD at Ege University in Izmir, Turkey. She has been working as a Researcher about Olive Oil Science and Technology since 2009 in Olive Research Institute which is a governmental organization. She has few publications in some national journals.

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