

DEVELOPMENT OF PALMYRAH ODIAL BASED BREAKFAST CEREAL MIXTURES

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ABSTRACT

A research was conducted to develop nutritionally value added products using palmyrah odial flour to make the locally produced odial as more palatable and to increase its consumption. The total palmyrah population of Sri Lanka is about eleven million and the potential yield of the flour is around 5000 metric tones per year. As only a small quantity of odial is used for the production of value added products, it is advisable to diversify and make other starch based products. Twelve types of different mixtures, which can be used as a breakfast cereal food were produced using boiled dried palmyrah tuber, rice, maize, sorghum, soybean, green gram, black gram, and sugar as raw materials. By adding different proportions of odial flour, varieties of mixtures were produced and by changing the amount and the combination of the cereals, the differences were created among the treatments. In order to select the best mixture, the nutritional and sensory attributes of the products were evaluated. The findings of this study revealed that all of the products other than the products made by 20% of odial are well suited for the consumption in case of their nutritional attributes. In sensory attributes the product made by rice, maize cereal mixture with 15% odial can be considered as the best. The products made by rice, maize cereal mixture with 10% odial can also be concluded as good in case of consumer acceptance

Key words: Breakfast cereal, nutritional analysis, palmyrah odial, sensory analysis