

# Value Added Bakery Products



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Flour serves as the base ingredient and the starting point in all baked goods. Milled from a variety of different grains, the types of flour used in everyday baking are generally obtained from wheat. Although, whole wheat flour adds more nutrition, not to mention nutty and tasty flavor, to baked goods and other flour-based recipes but also a main source of gluten allergies in number of people all over the world. No single legume or cereal can provide adequate amounts of all nutrients to meet the nutritional requirements. Blending of different cereals is the most suitable way to improve the nutritional quality of food. Millet, an ancient cereal can be used as a wheat substitute for celiac patients. Different types of bakery products *i.e.* biscuits and bread can be prepared by using millet or sorghum.

Value added bakery products are made by using flours of various cereals and legumes in different ratio. These are analyzed for flavor and texture properties to check the acceptability by the consumer. Nutritional profiling of these products is done and enlisted on the label to provide complete information about the nutrient contents. Various products are manufactured for different conditions. High protein bread and buns are made to improve health status and manage glycemic response in diabetes patients. Many value added bakery products are available in market.

