

# DEVELOPMENT OF HIGH-FIBER, READY-TO-BAKE FLOUR MIXTURES

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## **ABSTRACT**

Nowadays, consumers are paying more and more attention to healthy eating, and unfortunately, insulin resistance and type 2 diabetes are affecting many people. They are paying more attention to the consumption of fiber-rich foods. In my thesis, we developed high-fiber ready-to-bake flour mixture blends using purple wheat flour (white and wholemeal). For fiber fortification, inulin, chia seed flour and psyllium husk flour were used. After determining the main nutritional parameters of the raw materials, 4 series of experiments were carried out to prepare bread rolls and to test the finished products. The correct mixing ratio of the enriching agents were tested, and the final flour mixtures were tested. At the end of our research, three blends (white purple wheat flour + 4% inulin + 2% psyllium husk flour; wholemeal purple wheat flour + white purple wheat flour + 4% inulin + 4% chia seed flour; wholemeal purple wheat flour + 4% inulin + 4% chia seed flour) were developed and their nutritional data, their material norm and a SWOT analysis were performed.

*Keywords: purple wheat, flour mixtures, bread roll, inulin, chia seed flour*