

A READY-TO-EAT HEALTH SNACK FOOD AND A PROCESS FOR THE PREPARATION THEREOF

ABSTRACT

The present invention provides a composition for ready to eat health snack food comprising (i) Whole wheat flour (from roasted wheat) 25 to 30 wt %; (ii) Roasted (defatted) Soy flour 8 - 13 wt %; (iii) Peanut grits (from roasted peanuts) 8 - 12 wt %; (iv) Roasted sesame seeds 3 - 6 wt %; (v) Roasted wheat germ 3 - 6 wt %; (vi) Binder 26.6 - 37.5 wt %; (vii) Fat (M.P. 40°C) 1.5 - 5.0 wt %; (viii) Non fat dry milk (fat content <1%) 1.0 - 4.0 wt %; (ix) Vitamin - A 140 - 150 µg wt %; (x) Vitamin - D 140 - 150 I.U. wt %; (xi) Vitamin - E 0.25 - 0.35 mg wt %; (xii) Vitamin - K 0.30 - 0.45 mg wt %; (xiii) Thiamine (B1) 0.25 - 0.35 mg wt %; (xiv) Riboflavin (B2) 0.28 - 0.34 mg wt %; (xv) Nicotinic acid 2.50 - 3.50 mg wt %; (xvi) Pyridoxine 0.30 - 0.40 mg wt %; (xvii) Folic acid 9.00 - 11.00 µg wt %; (xviii) Pantothenic acid 0.30 - 0.40 µg wt %; (ixx) Vitamin - C 12.00 - 15.00 mg wt %; (xx) Biotin 0.10 - 0.20 mg wt %; (xxi) Inositol 0.50 - 0.70 gm wt %; (xxii) Choline bitartrate 1.25 - 1.35 mg wt %; (xxiii) Vitamin B12 0.30 - 0.40 µg wt %; (xxiv) Iron 3.5 - 4.5 mg wt %; (xxv) Zinc 7.5 - 9.5 mg wt %; (xxvi) Copper 0.25 - 0.35 mg wt %; (xxvii) Iodine 0.10 - 0.15 mg wt %; (xxviii) Magnesium 0.48 - 0.58 wt %; (xxix) Butylated Hydroxy Anisole (BHA) 10 - 15 mg wt %; (xxx) one or more additives selected from colouring agents and flavoring agents or a mixture thereof.

Figure 1