

# Study on the technology of high fiber nutrition bar



[High-fiber nutrition bar](#) is rich in soybean protein, soybean lecithin, soybean isoflavones, soybean oligosaccharides and high-quality sugar sources, carbohydrates, dietary fibers and vitamins and trace elements which are beneficial to human health, supplemented by eggs, sugar, peanut kernels, papaya, pineapple, wolfberry, Chinese wolfberry, etc. Maltodextrin and bean paste are nutritious, comprehensive and rich. The optimum dosage of [microwave sterilizing machine](#) was determined by surface response test. The purpose was to provide a new type of baked food with both tasty and significant health function for consumers. .

At the time of 22min, pass the nutrition bar. The sensory evaluation of quality shows that it is golden yellow, slightly brown and glossy; about two-thirds of the green body, compact, not fragile, has certain mechanical strength, but the edge of the zoom; slightly burnt, rich fragrance, no green taste; no astringent taste and no sticky teeth. The optimum technological parameters for obtaining high fibre nutrient bar were temperature 179 C, time 22 min and bran dosage 14 g, at which time the score was 85 points.

The finished product is golden yellow or brown, uniform in color, complete in shape, beautiful in shape and long in strip shape; compact in structure, uniform in distribution of fruits, without holes, with certain mechanical strength; delicate taste, non-sticky teeth, no toothblock, no peculiar smell, no unmelted sugar, salt, etc., no astringent taste, bitter sweet taste, slightly delicious. With particle sense, no bad smell, strong fragrance. In recent years, with the rapid development of China's national economy and the improvement of living standards, great changes have taken place in people's dietary consumption structure. The consumption of plant foods such as cereals and potatoes has decreased, and animal foods such as livestock, poultry and eggs have increased significantly.

This unreasonable dietary structure leads to "civilized disease" becoming more and more common. In addition to the aging of our population, the incidence of diseases such as hyperlipidemia, coronary heart

disease and atherosclerosis is gradually increasing. People pay more attention to the nutrition and health function of food while paying attention to the taste of food. Dietary fiber is a representative functional food and an important ingredient of functional food. It has been listed as the seventh major nutrient. The research on dietary fiber has also become a hot topic of concern.