Development of tartary buckwheat, oat vegetables and convenient breakfast

Breakfast cereal is made of pumpkin powder, carrot powder, celery powder, xylitol, beta-cyclodextrin, maltodextrin and other vegetable flour as supplementary materials. The optimal formula of a series of buckwheat oat vegetable instant breakfast is determined by orthogonal test. The results showed that when the mass ratio of Tartary Buckwheat core powder, tartary buckwheat powder and oat powder was 2.6:2.7:7, the best formula for convenient breakfast of Tartary Buckwheat oat pumpkin was pumpkin powder, xylitol and maltodextrin with the mass ratio of 1.8:2:1.8; the best formula for convenient breakfast of tary buckwheat oat carrot was carrot powder, xylitol, beta-cyclodextrin and maltodextrin. The best formula for instant breakfast of Tartary buckwheat, oat and celery is celery powder, xylitol, beta-cyclodextrin and maltodextrin with a mass ratio of 0.4:3:0.2:1.8.

Tartary buckwheat is a natural health food that integrates nutrition, health care and medical treatment. Tartary buckwheat powder, buckwheat flour and oat flour were used as main raw materials to develop tartary buckwheat and oatmeal vegetables for breakfast. Through the single factor experiment with cohesion as the detection index and the orthogonal experiment with cohesion and flavonoid content as the detection index, the optimum proportion of main raw materials for instant breakfast of Tartary Buckwheat oat vegetable was determined by microwave heating equipment.

Tartary buckwheat is a natural health food that integrates nutrition, health care and medical treatment. Tartary buckwheat and tartary buckwheat are not only rich in many nutrients, such as starch, protein, fat, mineral elements, vitamins, dietary fibers, but also rich in flavonoids, which make tary buckwheat have significant pharmacological effects such as lowering blood sugar, lowering blood lipid, antioxidant and so on. It is suitable for people with "three high" and diabetes mellitus. Those who eat and lose weight.

Tartary buckwheat flour, tartary buckwheat flour and oat flour were used as the main raw materials for convenient breakfast of Tartary Buckwheat oat vegetables. The mass ratio of Tartary Buckwheat flour, tartary buckwheat flour and oat flour was 2.6:2.7:7. The optimum combination of cohesion and flavone content was

achieved. Then three kinds of tary buckwheat oat vegetables were developed: tartary buckwheat oat.

The formula of wheat-pumpkin convenient breakfast is: tartary buckwheat core powder, tartary buckwheat powder, oat powder, pumpkin powder, xylitol and maltodextrin mass ratio is 3.2:3.3:8:1.8:2.0:1.8; the formula of tary buckwheat oat carrot convenient breakfast is tary buckwheat core powder, tary buckwheat powder, oat powder, carrot powder, xylitol, beta-cyclodextrin and maltodextrin mass ratio. 3.2:3.3:8.5:2.0:2.0:0.2:1.8; the instant breakfast formula of Tartary Buckwheat oat celery is: tartary buckwheat core powder, tartary buckwheat powder, oat powder, celery powder, xylitol, beta-cyclodextrin and maltodextrin mass ratio is 3.2:3.3:8.5:0.4:3:0.2:1.8.