

Development of Whey Enriched Protein Rusk

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ABSTRACT

The present study was undertaken on whey protein enriched rusk and prepared by the use of ingredients like whey protein, skim milk powder, refined wheat flour, sugar, baker's yeast, vanaspati, ammonium sulphate, salt, almonds and cardamom with different ratios of skim milk powder and whey protein powder *i.e.* 100:0, 75:25, 50:50, 25:75 and 0:100. The formulations were evaluated for nutritional aspects mainly protein and calcium content and sensory attributes like texture, taste *etc* through 9 point hedonic scale method. The product has been formulated with sole objective to increase dietary protein intake which is ultimately beneficial for muscle building. The formulation of 50:50 has the highest overall acceptability and best in texture and the protein content was highest in this sample was found to be 14.83 per cent.

Key words : Baker's yeast, Protein content, Rusk, Sensory attributes, Whey protein.