

To Check Acceptability and Safety of Dark Chocolate Incorporated with Hibiscus Flower Powder and Psyllium Husk

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Abstract: This study was undertaken to check the acceptability and safety of Dark Chocolate Incorporated with hibiscus flower powder and psyllium husk. Chocolate is a raw or processed food product made from the seed of the tropical tree *Theobroma cacao*. Dark chocolate is majorly beneficial for heart and brain health. Hibiscus has a rich phytochemical profile responsible for beneficial health effects. Hibiscus has antioxidant properties and positive effect on health. Psyllium husk is a rich source of dietary fiber and has beneficial effects on metabolic functions. And also helps in weight management. 2 Types of chocolates were made, A was simple Dark Chocolate and B was Dark chocolate(100gm) incorporated with Hibiscus flower Powder (30gm) and Psyllium Husk(10gm). Sensory evaluation of Chocolate samples was carried out for attributes such as flavor, texture, taste and overall acceptability. Results of sensory evaluation shows that sample B is most acceptable. Sample B contains 1.02% Moisture, Total Fat content is 29.28%, Ash insoluble in dilute HCL is 0.11% and insect & Fungus Infestation and Harmful or Injurious Matter is absent in sample thus it proves that sample B is acceptable and safe for human consumption.

Keywords: Dark chocolate, hibiscus, psyllium husk, health, safe, acceptable

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