IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

To Evaluation of Nutritive Biscuit with Herbal Extract

Sourabh Ashok Yajgar and Dr. Chavan D. K
Aditya Pharmacy College, Beed, Maharashtra, India

Abstract: *The growing demand for functional foods has encouraged the development of nutritionally enhanced bakery products. This project aims to formulate and evaluate a nutritive biscuit enriched with selected herbal extracts to improve its health benefits without compromising sensory qualities. Herbal extracts such as Moringa oleifera, Ocimum sanctum (Tulsi), and Zingiber officinale (Ginger) were incorporated into the biscuit formulation due to their known antioxidant, antimicrobial, and therapeutic properties.*

The biscuits were prepared using standard baking procedures, replacing part of the wheat flour with varying concentrations of herbal powders. A comprehensive analysis was conducted, including proximate composition (moisture, protein, fat, ash, fiber, and carbohydrate), phytochemical screening, and antioxidant activity. Sensory evaluation was carried out by a panel to assess taste, texture, aroma, and overall acceptability.

Results showed that the herbal-enriched biscuits had improved nutritional value, particularly in terms of fiber content and antioxidant potential, compared to the control. Sensory analysis indicated good consumer acceptability at optimal herbal extract levels.

This study concludes that incorporating medicinal herbs into biscuits is a viable strategy to develop functional snacks with enhanced health benefits, catering to the growing interest in natural and health-promoting food products.

Keywords: bakery products

I. INTRODUCTION

recent years, th ere has b een an increa sing consum er d em and for functional foods that n ot only satisfy hung er but a lso p rovid e hea lth b enefits beyond b asic nu trition. B iscuits, being a w id ely consum ed sn ack, p resent an excellent p latform for fortification with health-enhancing ing red ients.

b ajra (P ennisetum glaucum), ag ar, sug ar-free sw eeteners, m ilk p owd er, a nd custard p owd er. Each of these com ponents has b een trad itionally used in va rious cuisines and herbal rem ed ies, a nd collectively they offer a wid e sp ectrum of nutritional b enefits. The aim of this form u lation is to d eliver a hig h-p rotein , hig h-fiber, low -sug ar b iscu it that sup ports dig estive health, heart health, and g lycem ic control. Th is research not only focu ses on the nutritional p rofiling and hea lth b enefits of th e ing red ients b ut also evaluates the organolep tic p rop erties an d consum er acceptab ility of the final p rod uct. Our Herba l N utrient Biscu it is a w holesom e a nd health focused snack, thoug htfully crafted using a b lend of nutritious ing red ients. The ad d ition of m ilk pow d er a nd custard p ow der enhances its cream y texture and taste, w hile ag ar p rovid es a natural gelling agent to sup port d ig estive h ealth. this biscuit is a gu ilt-free d elight suitab le for health -conscious in divid uals and diab etics alike. A p erfect fusion of tradition an d wellness, this biscuit is ideal for those seeking a ba lan ced and norishing snack.

N utraceutica ls are food prod ucts considered a s p harm aceutica l alterna tives w ith p hysiolog ica l or m edicina l b enefits, wh ich help im p rove b od y functions, p revent various h ealth cond itions, increa se life exp ectancy, maintain bod y cell integ rity, as well as sup p ort b od y stru cture. consum ed b y a g ood ra nge of pop ula tion du e to low m oisture content and free from m ic rob ial spoilage, their varied ta ste, long p eriod , a nd com p aratively low cost. The wh ite flour used for the assem bly of biscuits is d eficient in several nu trients including som e vitam ins, m ineral elem ents also dietary fib er. du e to com petition w ith in the m arket and increased d em an d for

DOI: 10.48175/IJARSCT-27466

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

healthy, natural, and functiona l p rod ucts, attem p ts are being m ad e to enh ance the nutritive value of b iscuits and function ality by m odifying their nutritive com p osition, 2

H erbs are therap eutic p lants that contain substa nces that a ctively hind er the g row th of m ic roorg anism s, hence red ucing or elim inating hea lth p rob lem s. Because of th eir nutritiou s value, flavour, com p actness, a nd convenience, b iscuits are p erfect. Biscuits often have a long er shelf life and are m ore resistant to m ic rob ial d ecom position than ca kes and b read b ecause they contain less m oisture. In term s of b aked goods w orld wid e, biscuits com prise the g reatest ca teg ory of nutrient-dense snack food s. Because th ey are p orta ble, have a long er shelf life, taste g ood, and are cheap ly p riced , b iscuits are b ecom ing a p op ular ready-to-eat p rodu ct for all ag e groups.b iscuits consist of three m ajor com p onents: flour, sug ar .

Aim :

The prim ary aim of evaluating nu tritive biscuits w ith herba l extracts is to assess the biscuits' nutritional content and sensory attrib utes after incorp orating herba l ing redien ts. This includ es d eterm in ing the effectiven ess of the herbal extracts in en hancing the nutrition al p rofile, such a s increased p rotein, fib er, or an tioxid ant activity, w hile a lso evaluatin g their im pa ct on the biscuits' texture, taste, an d overall acceptab ility. cream .

Objective :

To formulate a nutritive biscuit by incorporating selected herbal extracts known for their health-promoting properties.

2. To evaluate the nutritional composition of the herbal-enriched biscuit, including macronutrients (carbohydrates, proteins, fats) and micronutrients (fiber, minerals).

3. To analyze the phytochemical content (such as antioxidants, flavonoids, and phenolics) of the herbal extract and the final biscuit product.

4. To assess the sensory attributes (taste, texture, aroma, color, and overall acceptability) of the herbal biscuits through panel testing.

5. To compare the nutritional and sensory properties of the herbal biscuit with a standard (control) biscuit without herbal additives.

Material and method :

1) Dried turm eric p owd er 2) m int leaves The 3) d ry g ing er p ow d er 4)w heat flour 5) sa lt 6) H on ey 7) Cinn am on 8) Card am om 9) H om e m ad e b utter 1 o) Brown S ugar 1 1) Leam on juice.

1. Dried turmeric :

Dried turm eric p owd er can be used in biscuits for b oth color a nd flavor, ad d ing a vibra nt g old en h ue and a w arm , earthy taste. It's a natural coloring agent and can also enhance the flavor of savory or even sw eet biscu its, accord ing antim icrobial prop erties.

Chemical constituent :

It consists of curcum inoid s It consists of Vola tile O ils Health Benefits :

1. FoAn tioxid ants:

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Turm eric's m a in active com pound , curcum in, is a p ow erful antioxid ant that help s neutra lize free rad icals in the bod y.

2. Anti-in flam m atory:

Turm eric has anti-inflam m atory p roperties, w hich can help red uce inflam m ation in the bod y.

3. Vitam ins a nd M inerals:

Turm eric contain s essential vitam ins and m inerals, includ ing iron, p otassium , and vitam in C. turm eric is a g ood source of dietary fib er, w hich is beneficial for d ig estive health.

2) Mints :

M int leaves, know n a s "pud ina" in In dia, are a versatile h erb used for b oth culinary and m ed icinal p urposes. They are know n for their refreshin g arom a , coolin g taste, and various health benefits. M int leaves a re used in a w ide array of d ishes, from chutneys and raitas to b iryanis and teas.

Chemical constituent

M enthol: The m ost ab und ant com p ou nd in p epp erm int, contrib utin g to its cooling sensation and characteristic arom a.

M enthone: Another m ajor m onoterp ene, also presen t in sign ificant am ounts.

1 ,8-Cineole (Eucalyp tol): A com p onent w ith an tim ic rob ial p roperties.

Lim onene: A terp ene that contrib utes to the overall fla vor p rofile.

M enthofuran: Anoth er m onoterp ene found in m int oil.

Benefit :

Digestive Aid: M int leaves can help relieve d ig estive issues like bloatin g, g as, and ind ig estion.

O ral H ealth: Chewing m int leaves can h elp freshen breath and im p rove oral hyg iene.

Antioxidant P rop erties: M int leaves contain antioxidan ts tha t can help p rotect cells from d am ag e.

Stress Relief: Th e arom a of m int ca n have a ca lm ing effect on the m ind and bod y, helping to reduce stress.

Im m u nity Boost: M int leaves contain v itam in s and m inerals that can help boost th e im m une system .

Cough Relief: M int leaves can help soothe coug hs du e to their m enthol content, wh ich has soothing an d d econ gestant prop erties.

3) Wheat flour :

The reserve p roteins from wheat, i.e. the g luten p roteins, are responsible for the d ou gh form in g cap acity of wheat flour. G luten p erm its the retention of g as b ubb les d uring baking of a d ou gh to g ive open textured and p leasa nt eating p roducts.

DOI: 10.48175/IJARSCT-27466

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Chemical constituent :

W heat flour used in b iscuits prim arily consists of starch, w ater, and p rotein, with sm aller am ou nts of non-starch p olysa ccharides a nd other m inor constituents.

Benefits.

Sustained Energy:

W heat flou r provid es com p lex carb oh yd rates that b reak dow n slow ly, releasing energ y g rad ually and p reventing b lood sugar sp ikes and crashes.

N utrient Rich:

W heat flour contains essential nu trients like B vitam ins (thiam ine, rib oflavin, niacin, and folate), iron, m ag nesium , and zinc.

Im p roved Digestion:

The fiber in w hea t flour prom otes healthy d igestion, help s reg ulate b ow el m ovem en ts, and m ay low er cholesterol levels.

Blood Sug ar Control:

The fib er and com plex ca rbohyd rates in w heat flour help regulate blood sug ar levels.

4) Salt:

Salt, by its very nature, h elp s to streng then the gluten fibres so that they b ecom e strong er, w hich help s to create a m ore beautifu l shap e in your Biscuit

Chemical constituent.

The p rim ary chem ical constituent of salt used in biscuit b akin g is sodium chlorid e (Na Cl), wh ich is com m only kn ow n as tab le salt. H ow ever, dep end ing on the source and processing , tab le salt m ay also contain trace am ounts of other com pound s like calcium a nd m ag nesium .

Benefit:

1 .Flavor En hancem ent:

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Salt intensifies the fla vor of other in gredients, m aking the biscuits taste richer and m ore savory.
2. Sw eetness Ba lan ce:
In sw eet biscuits, salt help s to b alan ce th e sw eetness, p reventing it from b eing overw helm ing .

3. Texture Im pact:
Salt can affect the textu re of biscuits. It can h elp to create a crisp er, m ore brittle textu re or a m ore tend er, less d en se textu re , d epend in g on the recip e and the am ount of salt used .
4 .Preservation:
Salt can act a s a preservative by inhib iting the g rowth of ba cteria a nd other m icroorgan ism s, helping to extend the shelf life of the b iscuits.

5) Dry ginger powder :
Dry g ing er pow der, a lso know n as sa unth p owd er, is com m only used in ba king , esp ecially for biscuits and g ing erbread cookies, to a dd a w arm , spicy fla vor. It's a versatile sp ice that can enhan ce variou s b aked g ood s.

Chemical constituent :
Dry ging er p owd er used in biscuits contain s vola tile a nd non-volatile chem ical constituen ts. Volatile oils like zing ib erene, β-bisab olene, and cam ph ene contrib ute to its arom a, w hile non-volatile com p ound s like ging erols (esp ecially 6 -g ing erol) and sh og aols , w hich are form ed w hen d ried or cooked , contribu te to its taste. O ther constituents inclu de flavonoid s, phenolic acids, am ino acids, p olysaccharid es, lipid s, vitam ins (B 3, B 6, C), and m in erals (calcium , m ag nesium , p otassium , iron, zinc). These com p ounds contrib ute to va rious health b en efits, in clud ing d ig estive aid , anti-inflam m a tory, a nd antioxida nt p roperties, ac

Benefit
Eatin g g inger b iscuits can p rove to b e b eneficial for one's h ealth. G ing er has anti-inflam m atory prop erties and can help w ith d igestion and
nausea.
6) Cinnamon :

Cinnam on There is just the rig ht am ount of cinnam on flavor in each b ite . Ad d c in nam on to the m elted b utter and ad d som e m ore on top of the b iscuits.

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Chemical constituent :
Cinnam ald ehyd e:
This is the m ain com pound , accounting for the sp icy and arom atic flavor of c inn am on .
Eugenol:
Contrib utes to the overall flavor and has potentia l antioxida nt p roperties. Cinnam ic Acid :
Another a rom atic com p ou nd th at can contribu te to the taste a nd
p otential health benefits. O ther Com p ou nds:
Cinnam on also contains various essential oils, terpenes, and other com p ound s tha t con trib ute to its overall flavor and prop erties.
Benefits :
1 .Antioxidant Prop erties:
Cinnam on is rich in a ntioxid ants, which help protect cells from d am ag e and m ay red uce the risk of chronic diseases.
2. Anti-in flam m atory:
Cinnam on has anti-in flam m atory p rop erties that m ay help red uce inflam m ation in the bod y.
3. Blood Sug ar Regu lation:
Som e stud ies sug g est c inna m on m ay help reg ulate b lood suga r levels and im p rove insulin sensitivity, p otentially b enefiting ind iv iduals w ith d ia betes.
4. G ut Health :
Cinnam on m a y have preb iotic prop erties that sup port the g row th of b eneficia l g ut b acteria.
5. O ther Potentia l Benefits:
Research a lso sugg ests c innam on m ay h ave an tim ic rob ial, an ti-d iab etic, and brain-boosting effects.

7) Cardamom :

Card am om is a spice d erived from the seed s of several plants in the g in ger fam ily (Zing iberaceae). It's know n for its d istinct arom a a nd flavor, a nd is used in b oth culin ary a nd m ed ic inal contexts. In Indian cuisine, it's a com m on in gredient in d ishes like b irya ni, kheer, a nd m asala chai. Card am om is also valued for its p otential health b en efits, includ ing aid ing dig estion, im p roving b lood c irculation, and acting as an antioxida nt.
Benefits :
1. Dig estive Aid:
Card am om is known for its ab ility to stim ulate b ile p rod uction, w hich help s b reak d ow n fats a nd im p rove d ig estion. It also has carm inative p roperties tha t can red uce b loating a nd g as.
2. Im m une System Sup p ort:
Card am om contains an tioxid ants that help p rotect the bod y from d am ag e caused b y free ra dica ls. It also has anti-infla m m atory p roperties, w hich can help red uce inflam m ation and sup p ort overall 3 . Im m une function.
Enhanced Flavor a nd Arom a:
Card am om ad d s a u nique a nd arom atic flavor to biscuits, m aking them m ore enjoya ble and ap pealin g.

Chemical constituent :

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Card am om 's chem ical com position p rim arily includ es essentia l oils, protein s, fixed oils, and sta rch.

8) Home made butter :

H ig h-fat butter, such as Kerrygold Bu tter, is b est. Th e rich fat from the b utter releases w ater wh en th e b iscuits a re b aking w hich is w hat contrib utes to th e b eautiful layers an d flakiness that we love ab out b iscuits.

Benefit :

1. Texture and Structure:

Butter, pa rticularly w hen u sed cold, help s create a flaky, layered texture in b iscuits by p reventing the flour from form ing a continuous, d ense structure. Th is results in a lig ht an d airy b iscuit.

2. Flavor:

Butter add s a chara cteristic b uttery flavor that enhances the taste of the b iscuit a nd com p lem ents oth er ingred ients.

3. M oisture:

Butter contrib utes to a m oist and tender b iscuit, preventing it from b ecom ing dry or crum b ly.

4. Sp read and T extu re:

Butter's lower m eltin g p oint com p ared to other fats allow s b iscuits to sp read even ly w hile baking , resu lting in a d esired crisp edg e a nd soft center.

5. Richness:

Butter ad d s a richness to the b iscu it that is d ifficult to rep licate w ith other fats.

Chemical constituent :

m ilk fat, water, salt, and m ilk solid s.

9) Brown Sugar :

Brow n sug ar is a p artially refined su gar with a rich flavor a nd caram el-like ta ste, resulting from th e ad d ition of m olasses to refined w hite sug ar. It is a natural sw eetener, retaining its b rown color from the m ola sses. Brown su gar is availa ble in lig ht and d ark varieties, w ith dark b row n sug ar conta ining m ore m olasses a nd ha ving a deeper color a nd flavor.

Chemical constituent :

Brow n su gar's m a in ch em ical constituent is su crose (C 1 2 H 2 2 O 11), a d isa ccharide. It also contains m ola ssesal

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Benefits :

1. Enha nced Flavor:

Brow n sug ar's m olasses content provid es a unique caram el-like flavor that com plem en ts other in gredients in the b iscuit recip e.

1. M oisture an d Texture:

2. The m oisture in b row n sug ar creates a softer, chew ier texture in the biscuit, com p ared to the p otentially crisp er texture of b iscuits m ade with 3 w hite sug ar.

1. Reaction with Baking Sod a:

B row n sug ar's acidity reacts m ore read ily w ith baking sod a,
w hich can h elp b iscuits rise m ore a nd create a lig hter, m ore ten der crum b .

1. S helf Life:

Brow n sug ar can also help extend the shelf life of b iscuits by reta ining m oisture, accord ing to som e sou rces.

10) Honey:-

H oney offers several h ealth benefits, from p rovid ing antioxid ants to red ucing inflam m ation and soothing sore th roats. H owever, honey is still a source of ad ded sug ar in your diet, and it's not a good id ea to consum e them in large am ou nts.

Chemical constituent :

ItH oney, used as a sw eetener in b iscuits, is p rim arily com p osed of carbohyd rates (su gars), water, and m inor am ou nts of other sub stances like m inerals, vitam ins, and p roteins.

Benefit :

Texture:

H oney's hum ectant prop erties help reta in m oisture, resulting in a softer and m ore tender biscuit texture.

Shelf Life:

H oney's natural p rop erties can help prevent the b iscuit from g oing stale as quickly. N utrients:

H oney ad ds an tioxid ants and other b en eficial nutrients that are ab sent in refined sug ar.

Flavor:

H oney contrib utes a u nique flavor p rofile to b iscuits, wh ich can b e ap p ealing to m any.

Im p roved Sensory P rop erties:

Stud ies h ave shown that honey can im p rove the sensory acceptab ility of biscu its, m aking th em m ore ap pealin g to consum ers.

Antioxidant Conten t:

H oney can increase the antioxidant content of biscuit fillings.

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

11) Leamon juice :

Lem ons contain a hig h am ount of v itam in C, solub le fib er, a nd p la nt com pound s that g ive them a num b er of health b en efits. Lem ons m ay aid weight loss and redu ce your risk of heart d isease, anem ia, kidn ey stones, dig estive issues, and cancer.

Benefit :

1 .Flavor and Acid ity: Lem on juice ad ds a b right, tang y fla vor that com p lem ents sweet and savory biscurecipes. It can h elp to balance the sweetn ess of other in gredients.

The a cid ity in lem on juice can tend erize the d oug h and contrib ute to a unique texture.

2 . Leavening (Raising the Biscuits):

Lem on ju ice is an acidic ingred ient that reacts w ith b aking sod a (or b akin g p ow der), w hich is a leavenin g ag ent.

This reaction p rod uces carb on dioxid e g as, w hich creates bu bb les an d h elp s the b iscuits rise d uring b aking .

Flavor Enhancement – Add tartness and brightness to dishes and beverages.

2. Preservation – Prevent browning in fruits and vegetables due to its citric acid content.

3. Tenderizing – Soften meat proteins in marinades.

4. Balancing Acidity – Balance sweet or fatty ingredients in recipes.

 Health & Nutritional Objectives

1. Boost Vitamin C Intake – Support immune system and skin health.
2. Aid Digestion – Stimulate digestive enzymes and relieve bloating.
3. Detoxification – Used in detox drinks to flush toxins.
4. Hydration Support – Encourage increased water intake when added to water.

Sr. no.	Ingredients	Quantity
1.	Dried Turmeric	3 sticks
2.	Mint Leaves	Handful
3.	Wheat Flour	25gm
4.	Salt	1-2gm
5.	Dry Ginger Powder	1gm
6.	Cinnamon	1gm
7.	Cardamom	1g
8.	Home made Butter	10gm
9.	Brown Sugar	20gm
10.	Honey	5ml
11.	Lemon Juice	1ml

DOI: 10.48175/IJARSCT-27466

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

Method :

Take a mixer jar grind dried turmeric 3 sticks and mint leaves handful.

↓

Add butter 10gm in a mixing bowl and add brown Sugar 20gm and combine well.

↓

Add honey 5g into the mix well

↓

Pour Leamon juice 1ml and mix

↓

Sift wheat flour 25gm ,salt 1/2 gm , cinnamon powder 1gm, dried ginger powder 1 gm and cardamom powder 1 gm and mix well

↓

Add turmeric mix and make a dough

↓

Place dough on butter paper and roll out the dough with rolling pin

↓

Cut the dough with cookies cutter and place on the beaking trays line with butter paper

↓

Beak at 150°C for 20-25 minutes in a pree heated oven

↓

Keep the biscuit in tray it self for 10 minutes

↓

Store biscuit in air tite container.

Result :-

II. CONCLUSION

Biscuits are used w orld wid e for th eir hea lth value and can be stored for a long . Th e prod uction of biscuits in Ind ia is a m ajor foodnd ustry. Availab le in a variety of shap es, filling s, colours, and top ping s, b iscuits a re p op ular with consum ers of a ll ag es.

DOI: 10.48175/IJARSCT-27466

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 2, June 2025
Impact Factor: 7.67

ACKNOWLEDGEMENT

W e w ould like to exp ress our g ratitude to Faculty of Pharm acy, Faculty of Pharm acy, Dr Ba b asaheb Am b ed kar T ec hnolog ical U niversity Lonere, M aharashtra, for offering the op p ortun ity to cond uct p roject w ork on a nutritive b iscuit with herb al extra ct .W e also w ant to express ourgra titud e to thefacu ltym em b ers wh o help ed us alon gthe way.

REFERENCES

1. Manisha, M., & Shalini, R. (2017). Development and quality evaluation of functional biscuits using herbal ingredients. International Journal of Food Science and Nutrition, 6(2), 89–94.
2. Sulieman, A. M. E., Elkhalifa, E. A., & Abdelrahim, A. M. (2018). Nutritional evaluation of biscuits supplemented with Moringa oleifera leaves. American Journal of Food Technology, 13(1), 1–8.
3. Singh, G., Kawatra, A., & Sehgal, S. (2005). Nutritional evaluation of plant-based functional foods. Journal of Food Science and Technology, 42(6), 547–550.
4. Goyal, R. K., & Nagori, B. P. (2013). Pharmacological potential of Ocimum sanctum—A review. International Journal of Pharmaceutical Sciences Review and Research, 22(1), 55–62.
5. Dhull, S. B., Punia, S., Kaur, M., & Chawla, P. (2019). Functional and nutritional properties of biscuits enriched with plant-based bioactive compounds. Journal of Functional Foods, 57, 312–320.
6. AOAC (2016). Official Methods of Analysis of AOAC International (20th ed.). AOAC International, Gaithersburg, MD.
7. Gupta, R. K., & Sharma, R. (2012). Formulation and quality evaluation of biscuits supplemented with flaxseed. Journal of Food Processing and Technology, 3(3), 1–5.