

# DIEBETIC FRIENDLY MUFFINS

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**Abstract**—A muffin is an individual sized baked snack product which is widely consumed by individuals and easily substituted to produce healthy baked product Diabetic friendly muffins were planned to be developed with an objective of creating a healthy snack for people suffering from diabetes as this is becoming more common due to genetics , diet , lack of physical exercise etc. There is a requirement of cheaper and healthy substitutes. Developing this product would be an effort towards providing a healthy snack for diabetic patients. The prepared muffin has low glycemic index are rich in fibre and retain prebiotic effect after baking also. The product was prepared by creaming of shortening and Isomalto oligosaccharide powder(IMO) to a suitable consistency of batter which is poured into individual moulds followed by baking at 170°C for 20 – 25 minutes. The muffin have good colour , flavour and texture profile .The sugar content of prepared product is considerably reduced to 25%. Muffins can be packaged and stored in High density polypropylene film after sealing. The expected shelf life of muffins under refrigeration is 1 week and 3- 4 days under ambient conditions (30°C).