

# DEVELOPMENT OF VALUE ADDED PRODUCT FORMULATED BY INDIAN GOOSEBERRY (*PHYLLANTHUS EMBLICA*), PEARL MILLET AND APPLE.

Navpreet Kaur<sup>1</sup> and Dr. Priya Mishra<sup>2</sup>

*1*Student, Department of Nutrition and Dietetics, Faculty of Applied Science,  
Manav Rachna International Institute of Research and Studies,  
Faridabad, Haryana

*2*Assistant Professor, Department of Nutrition and Dietetics, Faculty of Applied Science,  
Manav Rachna International Institute of Research and Studies,  
Faridabad, Haryana

E-mail: Inavpreetkaur2930@gmail.com

---

**Abstract**—Gooseberry (*amla*) or *E. officinalis* is an Indian traditional plant. Amla is a small to medium sized deciduous tree which belongs to the *Phyllanthaceae* family. It is one of the rich source of vitamin C and many nutrients like flavonoids, quercetin, iron, calcium, carotene, thiamine, niacin. It also contains gallic acid, ellagic acid, chebulagic acid, and citric acid. The fruit has anti-inflammatory, antiatherosclerotic, antipyretic, gastroprotective, hepatoprotective, nephroprotective, antihypercholesterolemic, wound healing, cardioprotective and antiatherogenic properties. The study's aim was to develop a value added product from Indian gooseberry, pearl millet and apple. The objectives of the study was to develop the product formulated by Gooseberry and to assess the sensory evaluation of the product. The product, Muesli was developed because it is very nutritious and can be easily prepared and can be consumed by any age group. It involves drying of gooseberry and apple at room temperature to develop dried form of it. The product was developed with different concentrations i.e., 10g, 20g and 30g of gooseberry powder in sample A, sample B and sample C respectively. Sensory evaluation was done using 9 point hedonic scale and composite score.

It is revealed that sample A with concentration of 10 g of gooseberry was liked very much in all parameters- appearance, color, taste, texture, aroma and mouthfeel by 9 point hedonic scale. The mean acceptability of total score of sample A got the highest score i.e, 86.0±8.2 out of 100 in composite score card.

**Keywords:** Gooseberry, antioxidant, muesli, anti-inflammatory, nephroprotective, cardioprotective.