

Moringa powder fortified homemade cookies

Moringa is rich source of calcium , Magnesium , Potassium , Vitamin E & protein. Moringa can be very easily dried with conventional sun drying method and used in various food recipes as fortification. Vigyan ashram has standardized its recipes for making cookies, khakhara , milk shake etc under DST (SEED Division Core Support Program) , Govt of India. Following recipe can be used for homemade cookies with Moringa powder fortification. For commercial production recipe need to be modified as per organoleptic taste / customer feedback.

Ingredients –

Wheat or any other cereal / millet (finger millet / pearl millet) flour 500 Gm , baking powder 5 Gm, Butter / Applesauce / Vegetable oil 100 Gm, Grinded sugar 300 Gm , milk 100 ML , Moringa leave powder 10 to 20 Gm, Salt.

Recipe flowchart –

Take 500 Gm flour in a pan add 5 gm baking powder and mix well (Sieve mixture 1-2 times to remove extra fibre)

Take another plate & add 100 Gm butter with 300 Gm powdered sugar (Making rotti like dough consistency) + add moringa powder in mixture

Add flour sieved mixture in butter + sugar mixture (Care should be taken while adding both mixtures together for avoiding clumps formation

After achieving dough consistency again start adding cold (pasteurized) milk slowly while keeping dough consistency

Make cookies from dough , pre-heat oven (OTG) to 150 ° C for 5 Min , Put cookies inside around 10-15 Min @ 200 ° C

Cookies will be ready with brownish / golden colour , let them cool down pack.

Cost (Approximate) –

Sr No	Ingredients	Amount	Rate	Cost
1	Wheat Flour	500 Gm	35.00 / kg	17.50
2	Butter	100 Gm	450.00 / Kg	45.00
3	Milk	100 MI	40.00 / Lit	4.00
4	Sugar	300 Gm	44.00 / Kg	13.20
5	Baking powder	5 Gm	32.00 / 100 Gm	1.60
6	Electricity	1 Unit	7.00 / Unit	7.00
7	Moringa powder	10 gm	300 Rs/ kg	3.00
8	Labor	15%		13.96
	Total			105.96

Contact details –

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