

HEALTH BENEFITS OF USES AND APPLICATIONS OF MORINGA OLEIFERA IN BAKERY PRODUCTS

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INTRODUCTION

Moringa oleifera belongs to the Moringaceae family and is the best known of the native *Moringa oleifera* genus. For centuries, it has been used as a system of Ayurvedic and Unani medicine and has a wide range of nutritional and bioactive compounds, including proteins, essential amino acids, carbohydrates, lipids, fibre, vitamins, minerals, phenolic compounds, phytosterols and others.

Moringa oleifera is recognised as an excellent source of phytochemicals, with potential applications in functional and medicinal food preparations due to its nutritional and medicinal properties

The aim of this study is to review the application of *Moringa oleifera* in bakery products, which will allow the creation of new products that improve their nutritional and functional value.

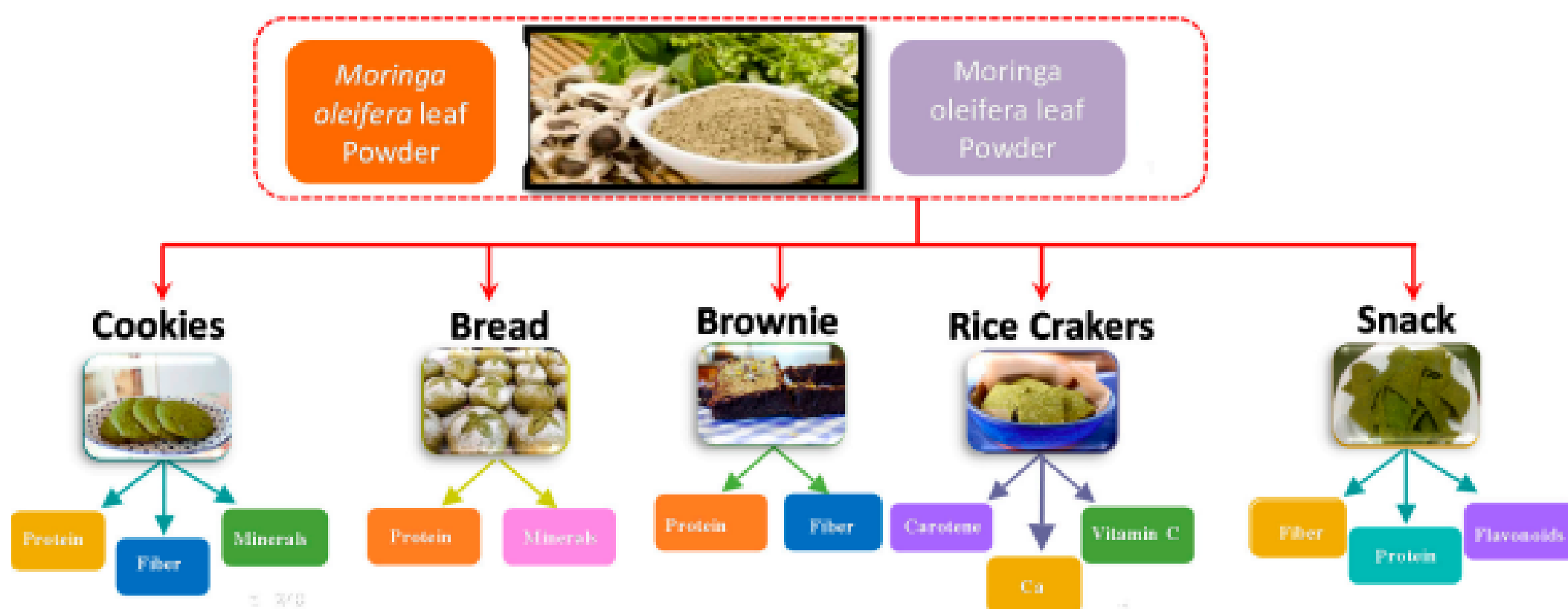


Figure 2. Applications of *Moringa oleifera* in bakery industry.

The use of *Moringa oleifera* in food can be very beneficial; some researchers indicate that food products can be enriched with *Moringa oleifera* by providing vitamins, minerals, essential amino acids and oils in order to improve their nutritional value (Figure 2).

It is possible to develop food products based on *Moringa Oleifera* flour with acceptable sensory and nutritional properties when less than 20 g of this material is used, depending on the intended food product.

CONCLUSIONS

The incorporation of *Moringa oleifera* will increase the nutritional value, improving the contribution of macro and micronutrients, of which proteins, fibres, vitamins and minerals are the most important, however, there is a difference when using the leaves versus the seed of *Moringa oleifera*, as the latter will increase the value of lipids, which is not a characteristic of the leaves.

In all cases, high concentrations alter the physical and sensory characteristics of the supplemented products.

