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.

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.

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.