



ELABORATION AND CHARACTERIZATION OF GLUTEN-FREE PIZZA AND COOKIE DOUGHS WITH BANANA WASTE FLOUR: ALTERNATIVES TO CELIACS

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ABSTRACT

The present study aims to evaluate the nutritional composition and acceptability of gluten-free pizza and cookie dough produced with banana (*Musa ssp.*) waste (bract) to improve their nutritional quality and reduce banana farming waste production. Bract flour was analysed for centesimal composition, water activity, minerals (Fe, Na and K) and color. For pizza dough elaboration, rice, sweet tapioca and bract flours were used. For cookies elaboration, cassava starch and bract flours were used to replace wheat flour. The centesimal composition and the phenolic compounds content were determined, and the sensory analyses were performed for both formulations. The results showed that bract flour presents a high dietary fiber and minerals content and a low caloric value. Sensory analysis revealed the formulations acceptance and an even better evaluation for the cookies. The results suggested that banana bract flour may be included in gluten-free bakery products to improve their nutritional quality.
