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**Latvia University of Agriculture  
Faculty of Food Technology**

**FOODBALT 2017**



**11th Baltic Conference on  
Food Science and Technology**

**“Food science and technology  
in a changing world”**

**Abstract Book**

**April 27–28, 2017  
Jelgava, Latvia**



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## DEVELOPMENT OF NUTRITIVE SNAKS: KIWI BARS

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Presently there is an increasing concern about not wasting any type of product with potential commercial utility, like food waste. Thus, this work was undertaken in collaboration with a company in order to find a nutritionally interesting form of valorisation of kiwi waste, namely the pulp from fruits not compliant with commercial standards (like size or shape).

Based on the proposed aims, kiwi based snacks (bars) were developed from kiwi pulp with the addition of gelling agents and some other ingredients. The product development was an intensive task, with multiple experiments until the desired characteristics could be achieved. Because the company intends to commercialize the bars it was also necessary to make a sensory evaluation, to assess the opinion about the developed product(s). Two final products were obtained: a simple kiwi bar and a bar with nuts and oat.

Based on the results obtained it was possible to conclude that, at the nutritional level, the bars revealed low values of energy, moisture or carbohydrates, which is positive because nowadays foods with low caloric density and little sugar are valued. Moreover the values of fibre and minerals were high, thus bringing added nutritional advantages.

Through sensory evaluation it was possible to understand that the simple kiwi bar was that preferred by the panellists. Colour evaluation showed that the simple kiwi bar had more intense yellow and green colourations as compared to the other bar. Also textural results showed that the simple kiwi bar was softer inside but with a hard surface.

**Keywords:** chemical properties, nutritional properties, physical properties, sensory analysis

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