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(57) Abstract :

A compact food nutrition and energy bar is disclosed which offers the technical advantages of affordability, long shelf life, acceptance by diabetics and also meeting significant part of recommended dietary allowances of proteins, energy and minerals. The bar comprises seven ingredients viz. banana puree (50%), peanuts (10%), oats (20%), cocoa butter (5%), stevia powder (0.5%) and Raisins (9.5 %) prepared in orange juice and dark chocolate (5%) coated on the final product by dipping. A 50 grams bar of present invention contains potassium-88.90 mg; carbohydrate- 16.6 grams; protein - 5.8 grams and fat 18.18 grams (saturated fat). The bar is free of additives, sugar and preservatives and can be made in different sizes for children and adults e.g. 50 grams, 100 grams and so on and meets a significant part of RDA for children and adults in an easy, effective and affordable manner.

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