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Faculty of Administrative  
Science and Policy Studies

# i-SPIKE 2021

*Leading An Artificial Innovation In Knowledge, Education And Design*

## **i-SPIKE 2021 INTERNATIONAL EXHIBITION & SYMPOSIUM E-PROCEEDINGS**

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## RIZBRUNANA: ADVANCES IN HIGH-FIBRE BISCUIT USING BROWN RICE AND BANANA PEEL

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### ABSTRACT

The consumption of brown rice is limited among Malaysians. This study was conducted to develop a product of high-fiber brown rice biscuits made from Saba' banana peel flour. Out of the eight formulations developed, hedonic scale sensory test results showed samples of F6 formulation with a combination of brown rice flour (31.5%) and 13.5% banana peel flour. F6 had the highest mean value for each attribute examined and significant differences ( $p < 0.05$ ) were observed in regard to the colour, aroma and appearance of the biscuits. The results of the proximate test analysis shows high fiber brown rice and banana peel flour biscuits contains  $92 \pm 0.07\%$  moisture,  $2.10 \pm 0.27\%$  ash,  $9.23 \pm 0.34\%$  protein,  $18.98 \pm 1.62\%$  fat,  $6.42 \pm 0.05\%$  crude fiber,  $7.53 \pm 0.00\%$  dietary fiber content and  $60.16 \pm 1.67\%$  carbohydrate and the amount of energy supplied was 463.44 kcal per 100g. Brown rice with banana peel flour biscuits are expected to have a storage life span of more than 8 weeks. Finally, the consumer tests showed that this biscuits product has good potential to be commercialized from the positive response of 77% of respondents said they would buy these biscuits if they are available in the market.

**Keywords:** Product Development, Brown Rice, Banana, Formulation, High-Fiber

### INTRODUCTION

The food industry is now primarily concerned with functional food ingredients that are high in fiber. In this light, the development of this product is sparked by the awareness on the importance and benefits of dietary fiber contents of food products available in the current market. Dietary fibers have been shown to have many health benefits. For instance, it can improve the function of the digestive system and are able to reduce the risk of many chronic diseases such as cancer, diabetes and heart disease (Cui & Robert, 2009). According to the American Dietetic Association (ADA), the proposed dietary fiber intake for adults is 20g to 35g/1000 Kcal for Americans. Meanwhile, the recommendations for fiber intakes among Malaysians are 20g to 30g per day for all ages. However, 77% these populations failed to achieve the recommended average intake; Americans were found to take about 14g to 15g dietary fiber per day, while Malaysians consumed 13g to 16g per day. These figures are

lower than the proposed recommendations (Ng et al., 2010).

Rice is an example of high-fiber cereals. There are more than 40,000 varieties of rice grown around the world. Rice is the staple food in Malaysia and white rice is commonly consumed. On the other hand, brown rice is rarely consumed because of its dreadful tastes and takes longer time to cook compared to white rice. However, brown rice has gained its popularity in recent years due to its health benefits, brown rice is recognized for its food value content and its potential as a source of antioxidants, anti-carcinogenic and others (Paretti et al., 2002).

Bananas are one of the foods with high fiber contents. They also have high nutritional values. Banana is easily reproduced at an optimal temperature of 27°C, easily grown and available in tropical Malaysia and could be bought at low prices. However, the high consumption of bananas also caused an increase byproduct of banana peel wastes. High amount of waste has been giving problems to the disposal system of this material without affecting the environment (Emaga et al., 2008). There are various studies conducted regarding the use of other waste products that has been utilized into marketable products, and reported that most of these waste materials contain greater nutritional value than its fruits and vegetables. A study by Emaga et al. (2008), found that 50% of the fiber in bananas are contained in the banana peel. Production of flour from banana peel is able to address the issues of minimizing food waste disposal and maximizing the use of natural resources. Therefore, this issue also provides an opportunity for researchers to develop a product that could solve this problem.

## METHODOLOGY

The main raw materials in the production of the high-fiber biscuits are brown rice and banana peels. These materials were locally sourced where the brown rice bought from local market and the bananas peel which are Saba' Banana type were collected from fried banana stall.

### Processing of High-Fiber Brown Rice Biscuit and Banana Peel Flour Mixes

To ensure the quality of biscuits produced, brown rice flour and banana peel flour were sifted to remove the impurities. Each ingredient including the brown sugar, baking powder and butter, was weighed respectively. Then, the granulated sugar, baking powder, egg yolks and butter were put into the mixer and mixed thoroughly until they become smooth. Brown rice flour and banana peel flour were added into the dough. The dough was refrigerated for 20 minutes, then, it was shaped and divided into portions weighting  $10.0 \pm 0.5\text{g}$  for each dough. The doughs were then baked in the oven with a temperature of  $170 \pm 5^\circ\text{C}$  for 20 minutes. The cooled biscuits were wrapped with plastic polypropylene (PP).

### Product Formulation of High-Fiber Brown Rice with Banana Peel Flour Mixed

The basic formulation was modified from flour, brown sugar, butter and made into 8 new formulations using experimental design factorial  $4 \times 2$  where 4 levels of the ratio of brown rice flour and banana peel flour and 2 levels of the ratio of brown sugar and butter. Based on the basic formulation by Nagao (2001), the ratio of butter and brown sugar is 2:2. The formulation developed in the initial test was changed based on the results obtained in all three best formulations with the butter and brown sugar ratio of 3:2. Thus, the ratio of butter and brown sugar formulations developed for the next test using the formulations with the butter and brown sugar ratio of 3:2 and 2:3 to test the formulation that will be most accepted by the expert panel. These formulations were modified to obtain the taste and texture to suit the developed product.

## Selection of Best Formulations

Sensory evaluation test used to select the best formulation of the eight formulations available are ranking tests and hedonic test. The tests were conducted to select three out of eight formulations that were produced based on the overall level of acceptance of the expert panel towards brown rice biscuits produced. A total of 42 member panel members, consisting of students of School of Food Science and Nutrition, Universiti Malaysia Sabah were chosen to carry out this test. The panel members were served with samples of high-fiber biscuits along with plain water, and were given the sensory test evaluation form. Three samples that scored the lowest amount of the composition, and those with significant difference were selected to undergo the Hedonic Test.

## Proximate Analysis

A proximate analysis of the biscuits was conducted to determine the content of protein, crude fiber, moisture, ash, fat and carbohydrates. In this study, the proximate analysis conducted on a sample of the best formulation using AOAC method (2000) to determine moisture content, ash, protein, fat and crude fiber. The carbohydrate content was calculated based on the difference between the amount of water, protein, fat and ash at 100 (Nielsen, 2003).

## Shelf Life Study

Samples of high-fiber brown rice with banana peel biscuits that have the best formulation undergone the shelf life study. The resulting sample was packaged using Polipropena Plastic (PP) and kept at room temperature until the end of the storage period of eight weeks. Microbiological, physicochemical and sensory (paired comparison test) tests performed every two weeks during the storage period.

## FINDINGS

### Sensory Evaluation Test

Ranking tests were carried out on eight biscuit formulations, which were divided into three sessions. Each session consists of four sample formulations. The data obtained from the ranking test using BIB designs were analyzed using Friedman test to get the T value on the degree of accuracy and the level of differences of 5% to determine significant differences between the data obtained. It was found that there was no significant difference ( $p > 0.05$ ) between F6 samples and other samples. However, there were significant differences ( $p < 0.05$ ) between samples F8 and F4 and also between samples F2 and F5 and F7 and F1. No significant difference ( $p > 0.05$ ) between F3 samples and other samples. Samples 6, 8, 4 and 2 which had the same amount of sugar content of 52.5% and a little more butter content of 47.5% were the most popular among respondents.

Three samples which had the lowest amount of the composition, as well as showing a significant degree of difference are sample 6, 8 and 4. These samples were selected to undergo Hedonic Test. Sample 6 was the sample that has the lowest score among respondents; this sample had the second largest banana peel content, which is 13.5% while the ratio of butter and sugar content was 2:3. In conclusion, majority of the respondents favoured the formulation containing a moderate amount of banana peel flour (7:3), and followed by formulation with the highest ratio of banana peel content (6:4).

## Hedonic Test

Three best formulations of sample F4, F6 and F8 were selected to undergo Hedonic Test. Table 1 shows the results obtained from one-way ANOVA analysis for the Hedonic Test. Based on the results of sensory evaluation, the F6 formulation is the most accepted formulation by the panelists in all attributes tested and there were significant differences ( $p < 0.05$ ) exists in every attribute tested. This means that there are significances in each attribute.

**Table 1: The mean scores for all attributes tested for three samples**

| Sample<br>Attribute | F4                       | F6                      | F8                      |
|---------------------|--------------------------|-------------------------|-------------------------|
| Colour              | 4.98 <sup>b</sup> ±0.95  | 5.65 <sup>c</sup> ±0.80 | 4.15 <sup>a</sup> ±0.74 |
| Crunchiness         | 4.83 <sup>a</sup> ±0.64  | 5.85 <sup>b</sup> ±0.77 | 4.03 <sup>c</sup> ±0.66 |
| Aroma               | 4.95 <sup>ab</sup> ±0.99 | 5.25 <sup>b</sup> ±0.90 | 4.75 <sup>a</sup> ±0.81 |
| Taste               | 5.28 <sup>a</sup> ±0.96  | 5.45 <sup>b</sup> ±0.75 | 4.25 <sup>b</sup> ±0.90 |
| Shape               | 4.73 <sup>a</sup> ±0.64  | 5.43 <sup>b</sup> ±0.55 | 5.18 <sup>b</sup> ±0.78 |
| Overall Acceptance  | 5.30 <sup>b</sup> ±0.99  | 5.53 <sup>b</sup> ±0.64 | 4.43 <sup>a</sup> ±0.87 |

1. The overall acceptability attribute using a hedonic Likert scale of 7 where 1 represents the very least preferred and 7 represents the most preferred.
2. Letter of the same on the same line did not show any significant difference ( $p > 0.05$ ) between samples of the same attributes.

## Proximate Analysis

The proximate analysis was conducted on the best formulation of high-fiber brown rice biscuits (Sample F6). The results of the proximate test analysis shows high fiber brown rice and banana peel flour biscuits contains  $92 \pm 0.07\%$  moisture,  $2.10 \pm 0.27\%$  ash,  $9.23 \pm 0.34\%$  protein,  $18.98 \pm 1.62\%$  fat,  $6.42 \pm 0.05\%$  crude fiber,  $7.53 \pm 0.00\%$  dietary fiber content and  $60.16 \pm 1.67\%$  carbohydrate.

## Energy Content

The energy content of the biscuits were calculated by adding the amount of energy in carbohydrates, protein, fat and dietary fiber. The amount of fat, protein, carbohydrate and total dietary fiber obtained are shown in Table 2 below.

**Table 2: Nutrition information per serving**

| Nutrition        | 100g   | Serving size (10g) |
|------------------|--------|--------------------|
| Energy (kcal)    | 463.40 | 46.34              |
| Protein (g)      | 9.23   | 0.92               |
| Fat (g)          | 18.98  | 1.90               |
| Carbohydrate (g) | 60.16  | 6.02               |

|                   |      |      |
|-------------------|------|------|
| Dietary Fibre (g) | 7.53 | 0.75 |
|-------------------|------|------|

According to Table 2, the amount of energy supplied by the biscuit is 463.44 kcal where the energy is derived mostly from carbohydrate composition of 15.05 kcal and other nutritional content; 170.82 kcal of fat, 36.92 kcal of protein and 15.06 kcal of dietary fiber. The amount of energy supplied per serving is 46.34 kcal for each serving 10g biscuit.

### Storage Quality Study

The storage quality study for high-fiber brown rice with banana peel flour biscuits was carried out for 8 weeks. Throughout this study, these biscuits were packed in polypropylene plastic (PP) and stored at room temperature. In this study, physicochemical analysis, microbiological test and sensory evaluation tests were conducted on the biscuits during storage period.

### Consumer Test

Finally, the consumer tests showed that this biscuits product has good potential to be commercialized from the positive response of 77% of respondents said they would buy these biscuits if they were available in the market.

## CONCLUSION

The study has successfully produced high-fiber brown rice and banana peel flour biscuits. However, a better research output is desirable and further improvement of the formulation could be made. The production process of the banana peel flour should also be reviewed so that the process is simpler and suitable for a larger scale production. Method of producing banana peel flour should be studied so that the final result will have appealing colour to attract potential consumers. This study could be replicated using different types of banana to determine the best type of banana that can be used to produce banana peel flour.

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