## CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE MYSORE-570 020, INDIA



## **ANTI-OXIDANT RICH CHOCOLATES**

Milk/ dark chocolate with added GTE and curcumin is for all sections of population, ready to eat product with unique flavour, taste and mouthfeel. They fully meet the taste expectations of the consumer, who wants to eat naturally and healthy, but considers chocolate mainly as a 'feel good' product, a delicacy and indulgence. Along with power packed polyphenols, tea polyphenols extracts are accepted by consumers as food product constituents, and might be an interest of wider usage. Polyphenol-rich chocolate may ease chronic fatigue symptoms, along with added health benefits especially for sports persons, especially as a performance enhancer

Milk chocolate is a good source of proteins. The high level of polyphenols can only have a positive effect here. With added green tea extracts and curcumin this milk chocolate is a power packed product. Performing endurance-based activity, being as economical as possible in energy provision is the key to enhancing your performance. Consumption of chocolate along with added polyphenols can alter the participants' response to the activity and can enhance their endurance performance.

Shelf life of the product is about 8 -12 months.

Raw material: Cocoa mass, Cocoa butter, Sugar, milk powder, lecithin, Green tea extract and curcumin

**EQUIPMENTS REQUIRED**: Planetary Mixer, Triple roller, Conching Machine, Double jacketed vessel with both hot and cold water circulation, Digital thermometers, Moulds of various shapes and sizes, Cooling cabinet

## PROJECT REQUIREMENT (an estimate):

Land (Approx. in Sq. Metres)	500
Building (Approx. in Sq. Metres)	150
Plant & Machinery (Approx. Rs. in '000)	3500
Total Project cost (Approx. Rs. in '000)	7000

**CAPACITY:** 

Capacity: 100 kg/day