

Antioxidant cookies made possible by grape seeds, study finds

January 3 2013

A new study in the December issue of the *Journal of Food Science*, published by the Institute of Food Technologists (IFT), found that it is possible to create cookies enriched with antioxidants from grape seeds that taste good and have an antioxidant level about 10 times higher than a regular cookie.

Grape seed extracts are rich in antioxidants which have been associated with beneficial effects on human health such as prevention of cardiovascular diseases and cancer. However, they have two disadvantages when used as food ingredients: a bitter and astringent flavor and instability to heat.

To overcome these drawbacks, microencapsulation, a technique in which an ingredient (in this case the grape seed antioxidants) are covered by a mixture of compounds on a [microscopic scale](#), protects the grape seeds antioxidants from the changes caused by heat and can mask their flavor.

This study suggests there is an opportunity to further investigate incorporating antioxidants [microcapsules](#) into baked products without affecting consumers' likability. In addition, there could be a bigger potential market for enriched cookies with antioxidants if consumers are educated on the health benefits of antioxidants.

Provided by Institute of Food Technologists

Citation: Antioxidant cookies made possible by grape seeds, study finds (2013, January 3)
retrieved 5 May 2024 from

<https://medicalxpress.com/news/2013-01-antioxidant-cookies-grape-seeds.html>

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