

Chemical, Functional and Sensory Properties of Extruded Breakfast Strips Produced from a Blend of Orange-Fleshed Sweet Potato, Soybean and Plantain Flour

ABSTRACT

Breakfast strips were produced from different blends of orange-fleshed sweet potato (*Ipomea batatas*), plantain (*Musa paradisiaca*) and soybean (*Glycine max*) flours. The blends were evaluated for functional properties. All the produced breakfast strips were evaluated for proximate, total carotene, vitamins (B2 and B6) and sensory properties with a commercial breakfast food (Flakes) as control. For the functional properties, the water absorption capacity decreased while the oil absorption increased with an increase in substitution levels of the soybean flour. The bulk density, solubility, swelling power and swelling volume were higher in sample A. The least gelation capacity maintained a constant rate of 4% across the blends. The moisture content of the strips ranged from 7.25-9.40%. The Ash contents were below 3%. The protein contents increased with an increase in substitution with soybean flour while sample A - breakfast strips from 100% orange-fleshed sweet potato flour showed the highest value for fats (5.62%). The fibre content ranged from 0.69 to 5.14% and carbohydrate content reduced with an increased substitution with soybean flour (72.25-78.70%). The energy value ranged from 351.90-384.80Kcal which was within the limit recommended for breakfast foods. Total carotene content increased with increased substitution with orange-fleshed sweet potato (15.18-33.56mg/kg) which is significantly higher than the control at 0.75mg/kg. The result of the sensory evaluation showed that the overall acceptability of the samples produced compared favourably with the control. Sample A and B showed a vitamin B₂ of 4.70 and 4.00mg/kg, respectively. However, the values decreased with increase in the addition of soya bean while vitamin B₆ increased with increase in soya bean.

Keywords: Breakfast strips, Orange-fleshed Sweet Potato, Plantain, Soybean, Carotene, Sensory Properties.

1. INTRODUCTION

Ready-to-eat breakfast foods are increasingly gaining acceptance in developing countries like Nigeria and gradually replacing most traditional foods used as breakfast. This is generally due to convenience, flavour, aesthetic appeal, status symbol and ease of preparation especially for urban dwellers with high job demands. Some breakfast foods such as oatmeal requires cooking while others are processed ready-to-eat which are usually consumed with milk or eaten dry. Most ready-to-eat breakfast foods lack essential nutrients such as protein which is highly needed for growth and development. Therefore, supplementation is an effective way of combating issues related to protein calorie malnutrition and also fighting the malady of Vitamin A deficiency.

Sweet potato (*Ipomeabatatas*) is a sweet starchy dicotyledonous root tuber belonging to the family *convolvulaceae* and it exists in different varieties. The common varieties include the red, brown, white, purple and orange fleshed. The varieties with or pale yellow flesh are less sweet and contains low moisture compared to its red, pink and orange fleshed varieties [1]. All varieties of the sweet potato contains beta-carotene; a vitamin A precursor but its content is more significant in the orange fleshed variety. Its tubers contains good amount of protein and are used pharmaceutically for diabetics [2]. It is a source of natural sugar and enhances the taste of the product being processed as well as a distinctive colour and flavour. When orange-fleshed sweet potato is processed, it has a high potential

54 for complementing the conventional wheat flour and can impart its natural sweetness and flavour to
55 processed food products.

56
57 Despite its numerous health benefits, orange fleshed sweet potato has been underutilized. It has the
58 potential of bridging food gap due to diversified processing and utilization technologies that have been
59 produced but not yet fully exploited [3]. The aim of this work therefore is to produce and evaluate
60 breakfast strips from a blend of orange-fleshed sweet potato, plantain and soybean flours.

61 62 **2. MATERIALS AND METHODS**

63
64 The Orange-fleshed Sweet Potato was purchased from the NRCRI Umudike, Abia State, Nigeria. The
65 plantain was purchased from Local farmers at Etche Local government while the Soybean was
66 purchased from Rukpokwu market, Port Harcourt, River State, Nigeria.

67 68 **2.1 Methods of Processing**

69
70 The sweet potato and plantain were washed, peeled and sliced manually to thin slices to facilitate
71 drying. The sliced potato and plantain were then blanched separately in hot water at 90°C for 10min
72 and oven dried at 60°C for 12h. The dried products were milled separately and sieved with 0.25mm
73 particle size sieve to yield a flour of fine texture. The soybean was sorted and cleaned to remove
74 stones, dust and chaffs. After which it was steeped for 48h with the water changed daily. After
75 steeping, the bean was drained and de-hulled manually. The bean was further boiled for 30min,
76 drained and dried at 60°C for 12h. The dried bean was milled and sieved with 0.25mm particle size
77 sieve to yield a flour.

78 79 **2.2 Product Formulation**

80
81 The flour blends were formulated to produce seven samples using orange-fleshed sweet potato,
82 plantain and soybean flours in different ratios of 100:0, 90:0:10, 90:10:0, 80:10:10, 70:15:15, 60:20:20
83 and 50:25:25 and labelled A, B, C, D, E, F and G, respectively. Good morning corn flakes was used
84 as control (sample H).

85 86 **2.3 Production of Extruded Breakfast Strips**

87
88 Orange-fleshed sweet potato was used in the preparation of the breakfast foods at different levels of
89 substitution with soybean and plantain flour. Two hundred grams (200g) of each composite flour was
90 mixed manually with 25g of sugar, 0.5g of salt and 200ml of distilled water. The dough was extruded
91 using an Eurosonic (Globe 150) cold extruder. The strips were reduced to 1cm, dried in an air
92 circulating oven at 135°C for 45min and packaged. The Samples were put in an air tight bottle labelled
93 consecutively and stored for analysis

94 95 **2.4 Functional Properties of the Flour Blends**

96
97 The functional properties of the flour blends were determined using the method described by Onwuka
98 [4]. The pH of the flour was determined by weighing 5g of the sample and disposing in 50ml of
99 distilled water. The solution was further mixed in an orbital shaker for 30 min. The pH meter (PHS-2F,
100 China) was calibrated using buffer solutions pH of 4 and 7. The pH measured by inserting the
101 electrode into the sample suspension. For bulk density, each sample was slowly filled into 10ml
102 measuring cylinder. The bottom of the cylinder was gently tapped on a laboratory bench until there
103 was no further lessening of the sample after filling to 10ml mark. Bulk density was estimated as mass
104 per unit volume of the sample and duplicate measurements were taken. The Oil/Water absorption
105 capacities were determined on the flour using the method described by Beuchat [5]. One gram (1g) of
106 each of the samples were mixed with 10ml of distilled water/oil in a centrifuge tube previously
107 weighed and placed on a multifunctional shaker and mixed for 20min. The samples were allowed to
108 stand at room temperature (28±1°C) for 30min. The volume of the supernatant was measured using a
109 10ml tube, the centrifuge tube weighed and the amount of water/oil was calculated. For the least
110 gelaton capacity, Twenty percent (20%) W/V suspension of each of the samples were prepared in 5ml
111 distilled water in test tubes. The sample test tubes were heated for 1h in a boiling water bath which
112 was followed by rapid cooling under running tap water. The test tubes were further cooled for 2h at

113 4°C. The least gelation concentration was determined as that concentration at which the sample from
114 the inverted test tube did not fall down or slip visually. The method described by Takash and Sieb [6]
115 was used for solubility, swelling power and swelling volume. One gram (1g) of the sample was
116 weighed and transferred into a conical flask and 15ml of distilled water was added and shaken
117 vigorously. The solution was sent to a shaker bath at a set temperature of 100°C for 1h. The heated
118 sample was cooled under running water. After cooling, it was transferred into a previously dried and
119 weighed centrifuge tube and centrifuged at 3000rpm for 30min using a digital control centrifuge (L-
120 600, China). After centrifuging, the swollen volume was read directly from the tube using the height of
121 the swollen sediment. The clear portion of the liquid was decanted into a previously weighed moisture
122 can and dried with a hot air oven at 105°C for 1h, after which it was cooled in a desiccator and
123 weighed to get the solubility. The weight of the centrifuge tube was taken to calculate for swelling
124 power and swelling Volume.

125

126 **2.5 Proximate Analysis of the Strips**

127

128 The proximate analysis was carried out using AOAC [7] standard method. Moisture content was
129 determined using a moisture analyzer, (model A&B-5). Fat content was measured using the micro
130 soxhlet apparatus. Crude protein was determined using the Kjehdah method and calculated using
131 6.25 conversion factor. Crude fibre was calculated after 2g of the sample was defatted, hydrolysed
132 and filtered; the residue was washed free from acid and incinerated in a muffle furnace. The total
133 carbohydrate content was estimated by difference while the energy values in Kcal/100g were
134 determined by standard calculations (at water factor), where factors of 4, 4, and 9 were used for
135 protein, carbohydrate and fat, respectively.

136

137 **2.6 Total Carotene and Vitamin Content of the strips**

138

139 **2.6.1 Total Carotene**

140

141 The total carotene was determined using the method described by Harborne [8]. Five hundred
142 milligrams (500mg) of the sample was weighed into a centrifuge tube; 10ml of 80% acetone was
143 added, mixed properly and centrifuged at 4000rpm for 10min. The supernatant was made up to a
144 volume of 15ml using 80% ethanol. The optical density (absorbance) was read at 480nm using the
145 UV visible spectrophotometer (Cecil CE 1000 UK) and total carotenoid calculated using the equation
146 below:

147

$$\text{Total carotenoid (mg/kg)} = \frac{4 \times \text{Absorbance} \times \text{Total Volume of Samples} \times 100}{\text{Weight of Sample}}$$

148

149 Total carotene = Total carotenoid - Xanthophyll

150 where xanthophyll = 22% of total carotenoid

151

152 **2.6.2 Vitamin B₂**

153

154 Twenty milligrams (20mg) of the sample was weighed into a 10ml volumetric flask and then dissolved
155 with 0.1 NHCl, 5ml of the standard (1.0 - 10mg/ml) and sample was taken in marked test tubes. In
156 each of the test tubes, 5ml of NH₄OH (0.1M) and 0.5ml 4-Amino phenol solution was added and
157 mixed well. The solution was kept for 5min, 10ml of chloroform was added to separate the chloroform
158 layer. The absorbance of the chloroform layer was measured at 430nm against the blank. The
159 amount of Vitamin B₂ present in the samples were computed from its calibration curve.

160

161 **2.6.3 Vitamin B₆**

162

163 Twenty milligrams (20mg) of the sample was weighed into a 10ml volumetric flask and then dissolved
164 with 0.1 NHCl, 5ml of the standard (0.5 - 2.0mg/ml) and sample hydrolysis solution was taken in
165 marked test tubes. In each test tube, 1ml of ammonium buffer, 1ml of 20% sodium acetate, 1ml of 5%
166 boric acid and 1ml dye (2,6 di-chloroquinone chorimide) solutions were added. The absorbance was
167 recorded at 650nm against the blank. A plot of the vitamin standard was done and the amount of
168 Vitamin B₆ present in the samples were computed from its calibration curve.

169

170 **2.7 Sensory Evaluation of the Strips**

171

172

The Colour, flavour, taste, crispiness, mouthfeel and overall acceptability of the breakfast strips were carried out for consumer acceptance using 20 semi-trained panelist comprising of students of the River State University, Nkpolu-orowurukwo, Port Harcourt, Rivers State, Nigeria. At each session, the samples were served with water and milk in transparent plates identified with codes A-H. A five point hedonic Scale was used where 1 represent Dislike Extremely and 5 Like Extremely.

176

177

178

2.8 Statistical analysis

179

180

The data obtained for all the analysis carried out were subjected to statistical analysis of variance (ANOVA) using Statistical Package for Social Sciences (SPSS) software, version 21.0 (SPSS Inc.). Complete Randomized design was used and the significant difference between the means obtained using Duncan Multiple Range Test. All statistical tests were performed at 5% significant level.

184

185

3. RESULTS AND DISCUSSION

186

187

3.1 Functional Properties of Flour Blends

188

189

The result for the functional properties is presented in Table 1. The water absorption capacity for the samples ranged from 2.39 to 3.79 g/ml. The carbohydrate content of foods is a major contribution to a high water absorption capacity of foods [9]. A significant difference ($p < 0.05$) existed among the samples which could be attributed to the dissociation of amylose and amylopectin in the starch granules thereby producing weak forces facilitating the entry of water. The oil absorption capacity increased with the addition of soybean flour and this is due to the hydrophobic nature of protein which plays a vital role in the absorption of fat [10]. The values obtained were slightly above those reported by Okafor and Usman [11] for the physical and functional properties of breakfast cereals from blends of maize, African yam bean, defatted coconut cake and sorghum extract which ranged from 0.87 to 1.32 g/ml. Sample A recorded the highest bulk density of 0.62g/g which might be due to the unique and fine texture of the orange-fleshed sweet potato flour which is more compatible than the other flours used. According to Agunbiade and Ojezele [12], the higher the bulk density, the less packaging space required for packaging of the product. Mbaeyi [13] recorded a similar result (0.53-0.73g/g) for the production of breakfast cereals from blends of acha and fermented soybean paste. The solubility of the blends showed a significant difference ($p < 0.05$) with sample A having the highest solubility of 51.67%. The sample with 100% orange-fleshed sweet potato flour had the highest swelling power of 2.45g/ml. There was a reduction in the swelling power with an increased addition of soybean which could be due to the hydrophobicity of proteins. The least gelation capacity for all the samples analyzed did not differ significantly ($p > 0.05$) from each other. The samples maintained a constant least gelation capacity of 4.0% which could be attributed to the high content of starch present in the formulations analyzed.

210

211

Table 1. Functional Properties of the Flour Blends

Samples	Water Absorption (g/ml)	Oil Absorption (g/ml)	Bulk Density (g/g)	Solubility (%)	Swelling Power (g/ml)	Swelling Volume (ml)	Least Gelation Capacity (%)	pH
A	3.79±0.28 ^a	1.32±0.42 ^a	0.62±0.16 ^a	51.67±2.35 ^a	2.45±0.07 ^a	11.34±0.32 ^a	4.00±0.00 ^a	5.50±0.00 ^d
B	3.15±0.91 ^{abc}	1.20±0.28 ^a	0.55±0.01 ^a	35.00±0.47 ^b	2.15±0.07 ^{ab}	10.81±0.07 ^{ab}	4.00±0.00 ^a	5.35±0.07 ^c
C	3.69±0.14 ^{ab}	1.42±0.92 ^a	0.53±0.21 ^a	31.67±0.47 ^c	2.10±0.14 ^b	10.08±0.46 ^{ab}	4.00±0.00 ^a	5.60±0.00 ^c
D	3.19±0.00 ^{abc}	1.35±0.71 ^a	0.56±0.01 ^a	33.67±1.41 ^{bc}	2.20±0.14 ^{ab}	9.27±0.37 ^b	4.00±0.00 ^a	5.50±0.00 ^d
E	3.19±0.00 ^{abc}	1.43±0.11 ^a	0.56±0.01 ^a	32.33±1.41 ^{bc}	2.10±0.14 ^b	10.04±1.07 ^{ab}	4.00±0.00 ^a	5.60±0.00 ^c
F	2.39±0.57 ^c	1.30±0.04 ^a	0.55±0.01 ^a	34.67±0.94 ^{bc}	2.25±0.21 ^{ab}	10.13±1.56 ^a	4.00±0.00 ^a	5.70±0.00 ^b
G	2.59±0.28 ^{bc}	1.21±0.04 ^a	0.55±0.01 ^a	28.00±0.00 ^d	2.05±0.07 ^b	11.11±0.57 ^{ab}	4.00±0.00 ^a	5.80±0.00 ^a

Mean Values are of duplicate determination. Mean values within a column with the same superscript are not significantly different ($p > 0.05$).

212

213

KEY

214

A = Orange-fleshed sweet potato (100:0)

215

B = Orange-fleshed sweet potato /Plantain (90:0:10)

216

C = Orange-fleshed sweet potato/Soybean (90:10:0)

217

D = Orange-fleshed sweet potato /Soybean/Plantain (80:10:10)

218

E = Orange-fleshed sweet potato /Soybean/Plantain (70:15:15)

219

F = Orange-fleshed sweet potato /Soybean/Plantain (60:20:20)

220

G = Orange-fleshed sweet potato /Soybean/Plantain (50:25:25)

221

222

223
224
225
226
227
228
229
230
231
232
233
234
235
236
237
238
239
240
241
242
243
244
245
246
247
248
249
250
251
252
253
254
255
256

3.2 Proximate Composition of Strips

The result for the proximate composition is shown in Table 2. The moisture content of samples ranged from 7.25 to 9.40%. A reduced moisture content helps to keep out micro-organisms, thereby prolonging the shelf life of the product. High moisture content will encourage the growth of micro-organisms which brings about the onset of food spoilage and a reduced shelf life of products. The moisture content of the samples were lower than the commercial product (flakes). Ash is the residue after the inorganic food matter has been combusted. The ash content recorded an increase in the flour blends which could be attributed to the inclusion of salt and sugar during production. Gabriel and Faith [14] reported lower values of ash (1.97-2.05%) for the production of extruded ready-to-eat snacks from breadfruit, cashew nut and coconut. The result of the fat content indicated that the samples were all significantly different ($p>0.05$). The control had the least fat content of 0.58%. The reasons for the high fat content recorded could be due to the use of full fat soybean in the formulation of the product. The presence of a high fat content would be suitable for growing children in need of a full fat diet. According to FAO [15] essential fatty acids provided dietary fats, improves the taste and overall acceptability of food products, slow bowel movements, increasing satiety and speeds up the rate of absorption of fat-soluble vitamins. The protein content increased with an increased addition of soybean which is due to the fact that soybean contains a high amount of protein. Protein content in extruded snacks increases as the proportion of a high protein ingredient in the formulation is increased [16,17]. All samples excluding A and B compared favourably with the control. The fibre content recorded the highest value in sample D (5.14%). There was an increase in the fibre content as compared to the flour blends due to an increased moisture content and the high dietary fibre content of sweet potato. Fibre has been proven to be very effective in the prevention of constipation and helps in a healthy bowel movement. The results obtained from this study were higher than that reported by Gabriel and Faith [14] with a range of 00.32 to 1.47% for the produced extruded ready-to-eat snacks from breadfruit, cashew nut and coconut. The carbohydrate content of the samples ranged from 72.25 to 80.06%. The reasons for the high content of carbohydrate were attributed to the predominant content of the orange-fleshed sweet potato and plantain flour blends. This study shows that the product could be a good source of energy which is needed for proper functioning of the body. Honi *et al.* [18] recorded results within the range of 366.13-396.94Kcal for extruded orange-fleshed sweet potato and Bambara groundnut-based snacks.

Table 2. Proximate Composition of Extruded Breakfast Strips

SAMPLE	Moisture(%)	Ash(%)	Fat(%)	Protein(%)	Fibre(%)	Carbohydrate(%)	Energy (Kcal)
A	7.50±0.42 ^b	2.64±0.35 ^{ab}	5.62±0.15 ^a	4.87±0.00 ^e	0.69±0.00 ^d	78.70±0.93 ^a	384.80±2.37 ^a
B	9.40±0.28 ^a	2.93±0.63 ^a	2.65±0.12 ^f	5.28±0.00 ^e	1.28±0.01 ^{cd}	78.49±1.03 ^a	358.87±3.02 ^{cd}
C	7.40±0.00 ^b	2.19±0.01 ^b	4.58±0.06 ^b	7.89±0.00 ^{bc}	1.22±0.05 ^{cd}	76.73±0.11 ^b	379.66±0.12 ^a
D	7.25±0.07 ^b	2.67±0.28 ^{ab}	2.52±0.02 ^f	7.73±0.68 ^c	5.14±1.68 ^a	74.70±1.22 ^{cd}	352.36±7.39 ^d
E	7.25±0.07 ^b	2.59±0.00 ^{ab}	3.21±0.28 ^d	8.33±0.00 ^b	2.60±0.42 ^{bc}	76.04±0.08 ^{bc}	366.26±2.86 ^{bc}
F	7.55±0.21 ^b	2.28±0.13 ^{ab}	4.06±0.10 ^c	9.56±0.00 ^a	2.66±0.22 ^{bc}	73.92±0.40 ^d	370.44±0.72 ^b
G	7.70±0.01 ^b	2.39±0.13 ^{ab}	4.33±0.57 ^{bc}	9.99±0.00 ^a	3.35±0.74 ^b	72.25±0.66 ^e	367.93±2.15 ^b
H	9.20±0.28 ^a	2.35±0.64 ^{ab}	0.58±0.01 ^e	6.62±0.00 ^d	1.20±0.71 ^{cd}	80.06±0.28 ^a	351.90±1.07 ^d

Mean values are of duplicate determination. Mean values within a column with the same superscript are not significantly different ($p>0.05$).

KEY

- A = Orange-fleshed sweet potato (100:0)
- B = Orange-fleshed sweet potato /Plantain (90:0:10)
- C = Orange-fleshed sweet potato/Soybean (90:10:0)
- D = Orange-fleshed sweet potato /Soybean/Plantain (80:10:10)
- E = Orange-fleshed sweet potato /Soybean/Plantain (70:15:15)
- F = Orange-fleshed sweet potato /Soybean/Plantain (60:20:20)
- G = Orange-fleshed sweet potato /Soybean/Plantain (50:25:25)
- H = Control (Flakes)

257
258
259
260
261
262
263
264
265
266
267
268

3.3 Total Carotene and Vitamins

269
270
271
272
273
274
275
276
277

Carotene, a precursor of vitamin A has been very effective in curbing the menace of vitamin A deficiency which is the cause of childhood blindness. The total carotene content of the strips decreased with an increased addition of soybean and plantain flour in the blends. The total carotene content ranged from 0.75-44.56mg/kg which was higher than results obtained by Honi *et al.* [18] for extruded orange-fleshed sweet potato and Bambara groundnut-based snacks (0.54-17.33mg/kg). This difference could be attributed to the addition of plantain flour in the blend which also contributed to the high content of Total carotene in the breakfast strips. Vitamin B₂ acts as a major contributing

278 factor in the metabolism of essentials nutrients in the body while also maintaining the skin and eye
 279 tissues [19]. The vitamin B₂ content ranged from 3.30-4.70mg/kg with significant difference (p<0.05)
 280 among all samples analyzed. The results obtained from this study were higher than the US
 281 Recommended Daily Allowance (RDA) of 1.70mg/kg. The vitamin B₆ content of the breakfast strips
 282 ranged from 4.30-12.10mg/kg which was higher than the US RDA of 2.0mg/kg. The reasons for the
 283 high content could be attributed to the composite flour blends used in the product formulation. Vitamin
 284 B₆ helps in building strong immune system, aids in blood formation and also increases the amount of
 285 oxygen transported by the blood [20].

286
 287 **Table 3. Total Carotene and Vitamin Analysis of Extruded Breakfast Strips**

Samples	Total Carotene (mg/kg)	Vitamin B ₂ (mg/kg)	Vitamin B ₆ (mg/kg)
A	33.56±0.20 ^a	4.70±0.04 ^a	7.20±0.02 ^e
B	26.26±0.06 ^b	4.00±0.02 ^{ab}	8.60±0.03 ^c
C	25.73±0.64 ^b	3.40±0.01 ^b	4.30±0.02 ^h
D	22.05±0.06 ^c	3.40±0.01 ^b	4.90±0.01 ^g
E	20.08±0.06 ^d	3.40±0.01 ^b	8.00±0.01 ^d
F	17.32±0.13 ^e	3.30±0.03 ^b	11.00±0.01 ^b
G	15.18±0.03 ^f	3.30±0.01 ^b	12.10±0.04 ^a
H	0.75±0.00 ^g	3.60±0.06 ^{ab}	6.00±0.01 ^f

288 Mean values are of duplicate determination. Mean values within a column with the same superscript are not significantly
 289 different (p>0.05).

290 **KEY**

- 291 A = Orange-fleshed sweet potato (100:0)
 292 B = Orange-fleshed sweet potato /Plantain (90:0:10)
 293 C = Orange-fleshed sweet potato/Soybean (90:10:0)
 294 D = Orange-fleshed sweet potato /Soybean/Plantain (80:10:10)
 295 E = Orange-fleshed sweet potato /Soybean/Plantain (70:15:15)
 296 F = Orange-fleshed sweet potato /Soybean/Plantain (60:20:20)
 297 G = Orange-fleshed sweet potato /Soybean/Plantain (50:25:25)
 298 H = Control (Flakes)

299
 300 **3.4 Sensory Properties of Strips**

301
 302 The sensory scores of the breakfast strips are presented in Table 4. There was no significant
 303 difference (p>0.05) in colour among all the samples. This might be attributed to the distinctive colour
 304 of orange-fleshed sweet potato evident in all samples. Sample H had the best mean score of 4.45
 305 followed by sample C with a mean of 4.30. Sample F had a mean score of 4.20 while samples A, E
 306 and G had same mean score of 4.15. Samples D had a mean of 4.00 while sample B had the least
 307 mean score of 3.90. As regards to flavour, there was no significant difference (p>0.05) in all the
 308 samples analyzed. Sample E had the highest mean score of 4.15 while sample C had the least of
 309 3.70. The mean scores for crispiness showed that there was a significant difference (p<0.05) among
 310 the samples. Sample H (4.75) was most preferred while sample C (3.60) was least preferred.
 311 Sample H (4.40) was more preferred for taste while sample C (3.90) was least preferred. The results
 312 indicated that there was no significant difference (p>0.05) among the samples. As regards to
 313 mouthfeel, sample C (3.80) was least preferred while sample H (4.55) was most preferred. Significant
 314 difference (p<0.05) existed among the samples. Sample B had the second best score of 4.25 followed
 315 by 4.20 for sample F. Samples D, E and G had mean scores of 4.15, 4.10 and 4.00, respectively. The
 316 result of the overall acceptability showed that sample H (4.50) was more preferred followed by sample
 317 B (4.35) while E (3.90) was least preferred.

318
 319 **Table 4. Sensory Properties of Extruded Breakfast Strips**

Sample	Colour	Flavour	Crispiness	Taste	Mouthfeel	Overall Acceptability
A	4.15±0.81 ^a	4.05±1.00 ^a	4.25±0.85 ^{ab}	4.20±0.70 ^a	3.90±0.72 ^b	4.20±0.62 ^{ab}
B	3.90±1.07 ^a	3.90±0.72 ^a	4.55±0.83 ^{ab}	4.30±0.66 ^a	4.25±0.85 ^{ab}	4.35±0.49 ^{ab}
C	4.30±0.73 ^a	3.70±1.03 ^a	3.60±0.99 ^c	3.90±0.97 ^a	3.80±0.77 ^b	4.00±0.65 ^b
D	4.00±0.97 ^a	3.83±0.75 ^a	4.30±0.86 ^{ab}	4.05±0.89 ^a	4.15±0.67 ^{ab}	4.30±0.57 ^{ab}
E	4.15±0.67 ^a	4.15±0.59 ^a	4.50±0.61 ^{ab}	4.20±0.83 ^a	4.10±0.79 ^{ab}	3.90±0.79 ^b
F	4.20±0.62 ^a	4.05±0.76 ^a	4.60±0.60 ^{ab}	4.15±0.67 ^a	4.20±0.70 ^{ab}	4.20±0.52 ^{ab}
G	4.15±0.75 ^a	3.85±0.88 ^a	4.10±0.72 ^b	4.15±0.67 ^a	4.00±1.03 ^{ab}	3.95±0.69 ^b
H	4.45±0.76 ^a	3.90±1.12 ^a	4.75±0.55 ^a	4.40±0.82 ^a	4.55±0.69 ^a	4.50±0.69 ^a

320 Mean values within a column with the same superscript are not significantly different (p>0.05)

321 **KEY**

- 322 A = Orange-fleshed sweet potato (100:0)
 323 B = Orange-fleshed sweet potato /Plantain (90:0:10)
 324 C = Orange-fleshed sweet potato/Soybean (90:10:0)
 325 D = Orange-fleshed sweet potato /Soybean/Plantain (80:10:10)

326 E = Orange-fleshed sweet potato /Soybean/Plantain (70:15:15)
327 F = Orange-fleshed sweet potato /Soybean/Plantain (60:20:20)
328 G = Orange-fleshed sweet potato /Soybean/Plantain (50:25:25)
329 H = Control (Flakes)

330

331 4. CONCLUSION

332

333 Breakfast strips were successfully produced from a blend of orange-fleshed sweet potato, plantain
334 and soybean flours. The strips produced were higher in protein and compared favourably with the
335 control. The protein, fat and energy content were higher than the commercial flakes used as control.
336 The control also contained the least amount of total carotene. Blends with 15, 20 and 25%
337 substitution in all samples analyzed improved the nutrient composition of the products. The overall
338 acceptability of the samples produced compared favourably with the control. Production of breakfast
339 foods with these blends should be encouraged to create a healthier substitute to other commercially
340 produced breakfast foods and also help in utilizing orange-fleshed sweet potato. Further studies on
341 anti-nutritional properties, amino acid profile and mineral bioavailability should be carried out.

342

343 REFERENCES

344

- 345 [1] Wikipedia (2013).<http://en.wikipedia.org/wiki/Potato>. 31 January 2013.
- 346 [2] Quanhong L, Tianze C and Gaitongyi P (2003). Study on the action of pigeon pea protein.
347 *Journal of Chinese Institute of Food Science and Technology*, 1, 7-11.
- 348 [3] Nungo RA, Ndolo PJ and Hagenemana V (2007). Promoting sweet potato processing and
349 utilization: Experience in Western Kenya. Africa Potato Association Conference Proceedings, 5,
350 481-482.
- 351 [4] Onwuka GI (2005). Food Analysis and Instrumentation: Theory and Practice. Naphthali Prints,
352 Lagos. Nigeria Publishers, Enugu.
- 353 [5] Beuchat LR (1977). Functional and Electrophoretic characteristics of succinylated peanut flour
354 protein. *Journal of Agriculture and Food Chemistry* 25(2), 258-261.
- 355 [6] Takashi S and Sieb PA (1988). Paste and gel properties of prime corn and wheat starches with
356 and without native lipids. *Cereal Chemistry*, 65(6), 474-483.
- 357 [7] AOAC (2012). Official Methods of Analysis, 20th Ed. Association of Official Analytical Chemists,
358 Washington D.C, USA.
- 359 [8] Harborne JB (1973). Phytochemical Methods. A Guide to Modern Techniques of Plant Analysis.
360 Chapman and Hall, London. Pp 279.
- 361 [9] Echendu CA, Onimawo IA and Somtochi A (2004). Production and evaluation of doughnuts and
362 biscuits from maize – pigeon pea flour blends. *Nigerian Food Journal*, 22(1), 147-153.
363 Doi:10.4314/nifo.v22i1.33580
- 364 [10] Badifu GI and Akubor PI (2001). Influence of pH and sodium chloride on selected functional and
365 physical properties of African breadfruit (*Treculia africana Decne*) kernel flour. *Plant Foods*
366 *Human Nutrition*, 56(2), 105-115.
- 367 [11] Okafor GI and Usman GO (2015). Physical and functional properties of breakfast cereals from
368 blends of maize, African yam bean, defatted coconut cake and sorghum extract. *Food Science*
369 *and Quality Management* 40, 25-35
- 370 [12] Agunbiade SO and Ojezele MO (2010). Quality Evaluation of instant Breakfast cereals
371 Fabricated from Maize sorghum soybean and African yam bean (*Sphenostylis stenocarpa*).
372 *West Journal of Dairy and Food Science*, 5(1), 67-72.
- 373 [13] Mbaeyi IE (2005). Production and Evaluation of Breakfast Cereal using Pigeon-Pea (*Cajanus*
374 *cajan*) and Sorghum (*Sorghum bicolor L.*). An M.Sc. Thesis Department of Food Science and
375 Technology, University of Nigeria, Nsukka.
- 376 [14] Gabriel IO and Faith CU (2014). Production and evaluation of cold extruded and baked ready-
377 to-eat snacks from blends of breadfruit (*Treculia africana*), Cashew nut (*Anacardium*
378 *occidentale*) and coconut (*Cocos nucifera*). *Food Science and Quality Management*, 23, 65-77.

- 379 [15] FAO (2010) "Soybeans, Production/Crops/World for 2014". *Food and Agricultural Organization*
380 *of the United Nations, Statistics Division (FAOSTAT)*. 2015. Retrieved 23 May 2016.
- 381 [16] Kocherla P, Aparna K and Lakshmi DN (2012). Development and evaluation of RTE (ready to
382 eat) extruded snack using egg albumin powder and cheese powder. *Agricultural Engineering*
383 *International: CIGR Journal*, 14(4), 179-187.
- 384 [17] Adebowale A, Adegunwa M, Okunbolurin L and Bakare H (2016). Production and some quality
385 attributes of rice–bambara nut flour extruded flakes. *Journal of Natural Sciences Engineering*
386 *and Technology*, 13(1), 67-74.
- 387 [18] Honi B, Mukisa IM, Mongi RJ (2017). Proximate composition, provitamin A retention and shelf
388 life of extruded orange-fleshed sweet potato and bambara groundnut based snacks. *Journal*
389 *Food Processing Preservation*, 42(1), 1-8. Doi: 10.1111/jfpp.13415
- 390 [19] White H and Merrill A (1988). Riboflavin-binding proteins. *Annual Review of Nutrition*, 8(7), 279-
391 99. Doi.org/10.1146/annurev.nu.08.070188.001431
- 392 [20] Bender D (1992). *Nutritional Biochemistry of the Vitamins*. New York: Cambridge University
393 Press. Pp 269-317.
- 394
395

UNDER PEER REVIEW