

Original Research Article

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 (*Ipomea batatas*) is a sweet starchy dicotyledonous root tuber belonging to the family *convulvaceae* 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

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

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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 2. MATERIALS AND METHODS

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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 2.1 Methods of Processing

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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 2.2 Product Formulation

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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).

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85 2.3 Production of Extruded Breakfast Strips

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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 2.4 Functional Properties of the Flour Blends

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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 50 mL 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 10 mL
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 10 mL 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 10 mL of distilled water/oil in a centrifuge tube previously
107 weighed and placed on a multifunctional shaker and mixed for 20 min. The samples were allowed to
108 stand at room temperature (28±1°C) for 30 min. The volume of the supernatant was measured using
109 a 10ml tube, the centrifuge tube weighed and the amount of water/oil was calculated. For the least
110 gelatone capacity, Twenty percent (20%) W/V suspension of each of the samples were prepared in 5
111 mL distilled water in test tubes. The sample test tubes were heated for 1 h in a boiling water bath
112 which was followed by rapid cooling under running tap water. The test tubes were further cooled for 2

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113 | h at 4 °C. The least gelation concentration was determined as that concentration at which the sample
114 | from the inverted test tube did not fall down or slip visually. The method described by Takash and
115 | Sieb [6] was used for solubility, swelling power and swelling volume. One gram (1g) of the sample
116 | was weighed and transferred into a conical flask and 15 mL 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 1 h. 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 3000 rpm 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.
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126 | 2.5 Proximate Analysis of the Strips

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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 Kjeldahl method and calculated using
131 | 6.25 conversion factor. Crude fibre was calculated after 2 g 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.
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137 | 2.6 Total Carotene and Vitamin Content of the strips

138 | 2.6.1 Total Carotene

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140 | The total carotene was determined using the method described by Harborne [8]. Five hundred
141 | milligrams (500 mg) of the sample was weighed into a centrifuge tube; 10 mL of 80% acetone was
142 | added, mixed properly and centrifuged at 4000 rpm for 10 min. The supernatant was made up to a
143 | volume of 15 mL using 80% ethanol. The optical density (absorbance) was read at 480 nm using
144 | the UV visible spectrophotometer (Cecil CE 1000 UK) and total carotenoid calculated using the
145 | equation-Equation below:1.
146 |

$$148 | \text{Total carotenoid (mg/kg)} = \frac{4 \times \text{Absorbance} \times \text{Total Volume of Samples} \times 100}{\text{Weight of Sample}} \quad (1)$$

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150 | Total carotene = Total carotenoid - Xanthophyll
151 | where xanthophyll = 22% of total carotenoid
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153 | 2.6.2 Vitamin B₂

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155 | Twenty milligrams (20 mg) of the sample was weighed into a 10 mL volumetric flask and then
156 | dissolved with 0.1 N HCl, 5 mL of the standard (1.0 - 10 mg/mL) and sample was taken in
157 | marked test tubes. In each of the test tubes, 5ml of NH₄OH (0.1M) and 0.5 mL 4-Amino
158 | phenol solution was added and mixed well. The solution was kept for 5 min, 10 mL of chloroform
159 | was added to separate the chloroform layer. The absorbance of the chloroform layer was measured
160 | at 430 nm against the blank. The amount of Vitamin B₂ present in the samples were computed from
161 | its calibration curve.
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163 | 2.6.3 Vitamin B₆

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165 | Twenty milligrams (20 mg) of the sample was weighed into a 10 mL volumetric flask and then
166 | dissolved with 0.1 N HCl, 5 mL of the standard (0.5 - 2.0 mg/mL) and sample hydrolysis solution
167 | was taken in marked test tubes. In each test tube, 1 mL of ammonium buffer, 1ml of 20% sodium
168 | acetate, 1 mL of 5% boric acid and 1 mL dye (2,6 di-chloroquinone chorimide) solutions were
169 | added. The absorbance was recorded at 650 nm against the blank. A plot of the vitamin standard was
170 | done and the amount of Vitamin B₆ present in the samples were computed from its calibration curve.
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172 **2.7 Sensory Evaluation of the Strips**

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

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180 **2.8 Statistical analysis**

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

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187 **3. RESULTS AND DISCUSSION**

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189 **3.1 Functional Properties of Flour Blends**

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191 The result for the functional properties is presented in Table 1. The water absorption capacity for the
 192 samples ranged from 2.39 to 3.79 g/mL. The carbohydrate content of foods is a major contribution
 193 to a high water absorption capacity of foods [9]. A significant difference (p<0.05) existed among the
 194 samples which could be attributed to the dissociation of amylose and amylopectin in the starch
 195 granules thereby producing weak forces facilitating the entry of water. The oil absorption capacity
 196 increased with the addition of soybean flour and this is due to the hydrophobic nature of protein which
 197 plays a vital role in the absorption of fat [10]. The values obtained were slightly above those reported
 198 by Okafor and Usman [11] for the physical and functional properties of breakfast cereals from blends
 199 of maize, African yam bean, defatted coconut cake and sorghum extract which ranged from 0.87 to
 200 1.32 g/mL. Sample A (100 % of sweet potato flour) recorded the highest bulk density of 0.62 g/g
 201 which might be due to the unique and fine texture of the orange-fleshed sweet potato flour which is
 202 more compatible than the other flours used. According to Agunbiade and Ojezele [12], the higher the
 203 bulk density, the less packaging space required for packaging of the product. Mbaeyi [13] recorded a
 204 similar result (0.53-0.73 g/g) for the production of breakfast cereals from blends of acha and
 205 fermented soybean paste. The solubility of the blends showed a significant difference (p<0.05) with
 206 sample A having the highest solubility of 51.67%. The sample with 100% orange-fleshed sweet potato
 207 flour had the highest swelling power of 2.45 g/mL. There was a reduction in the swelling power with
 208 an increased addition of soybean which could be due to the hydrophobicity of proteins. The least
 209 gelation capacity for all the samples analyzed did not differ significantly (p>0.05) from each other. The
 210 samples maintained a constant least gelation capacity of 4.0% which could be attributed to the high
 211 content of starch present in the formulations analyzed.

212

213 **Table 1. Functional Properties of the Flour Blends of???**

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

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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)

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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 0.32 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.

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Table 2. Proximate Composition of Extruded Breakfast Strips ??? Please, complete the title!

SAMPLE	Moisture(%)	Ash(%)	Fat(%)	Protein(%)	Fibre(%)	Carbohydrate(%)	Energy (Kcal)
A	7.50±0.42 ^a	2.64±0.35 ^{ab}	5.62±0.15 ^a	4.87±0.00 ^a	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 ⁱ	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 ^g	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

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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 (90:10)
- 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)

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3.3 Total Carotene and Vitamins

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

279 to the high content of Total carotene in the breakfast strips. Vitamin B₂ acts as a major contributing
 280 factor in the metabolism of essentials nutrients in the body while also maintaining the skin and eye
 281 tissues [19]. The vitamin B₂ content ranged from 3.30-4.70mg/kg with significant difference (p<0.05)
 282 among all samples analyzed. The results obtained from this study were higher than the US
 283 Recommended Daily Allowance (RDA) of 1.70mg/kg. The vitamin B₆ content of the breakfast strips
 284 ranged from 4.30-12.10mg/kg which was higher than the US RDA of 2.0mg/kg. The reasons for the
 285 high content could be attributed to the composite flour blends used in the product formulation. Vitamin
 286 B₆ helps in building strong immune system, aids in blood formation and also increases the amount of
 287 oxygen transported by the blood [20].
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Table 3. Total Carotene and Vitamin Analysis of Extruded Breakfast Strips??? Should be completed.

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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 ^b
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

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- 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)

3.4 Sensory Properties of Strips

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

Table 4. Sensory Properties of Extruded Breakfast Strips ?????

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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

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)

327 D = Orange-fleshed sweet potato /Soybean/Plantain (80:10:10)
328 E = Orange-fleshed sweet potato /Soybean/Plantain (70:15:15)
329 F = Orange-fleshed sweet potato /Soybean/Plantain (60:20:20)
330 G = Orange-fleshed sweet potato /Soybean/Plantain (50:25:25)
331 H = Control (Flakes)

332

333 4. CONCLUSION

334

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

344

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