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BREAD WITH CHIA AND GOJI SEEDS: IMPLEMENTATION OF THE HACCP PLAN

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Abstract

Chia is an oleaginous seed, composed of fats, carbohydrates, dietary fiber, protein, vitamins, minerals and antioxidants.

Goji berries are the fruits with the strongest antioxidant effect among all food products in the world. Goji gives a special flavor to the bread core and also lends it its pleasant color. To implement the HACCP plan. and determining the critical control points the flow chart was made.

• Introduction

Bread is a nutritionally complex food, located at the base of the food pyramid, which provides the necessary energy for the brain and nervous system, helps to transform food into energy and contributes to the regulation of intestinal functions, which is why it must be included in the diet daily to maintain a healthy lifestyle.

• Material and method

To implement the HACCP plan and determining the critical control points the flow chart was made.

The risk analysis was carried out for each technological phase determining the types of risk and the class of risk, the types of risk and the way of control were also described.

• Results and discussions

When applying the HACCP plan two critical control points were found, they can be found at the screening and baking technological operation.

• Conclusions

Bread with chia and goji seeds is a very healthy bread, being an important source of proteins, essential fatty acids, dietary fiber, vitamins, antioxidants, iron, phosphorus, potassium, zinc and other minerals.

Acknowledgement: bread, bread with chia and goji seeds, chia, goji