

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

**GLUTEN FREE BAKERY PRODUCTS (Cookies & Muffins)**

Introduction

The gluten free cookies have golden brown crust colour, medium sized islands, creamish white crumb colour, crisp texture and typical taste of cookies. The shelf life of the product(cookies) is about three months. The Gluten Free Muffin has good volume, medium fine crumb grain and soft texture. The shelf life of the product(muffins) is about 5 days.

Uses: Bakery products. Further, cookies and muffins developed are gluten free and hence these can be considered as immunologically safe for celiac disease patients as well.

Raw material :

For cookies: Rice Flour, sugar powder, fat, salt, soya protein isolate, glycerol monostearate, sodium bicarbonate, ammonium bicarbonate, skimmed milk powder

For muffins: Rice flour, Sugar, egg, salt, margarine, soya protein isolate, water, honey, sodium stearoyl -2- lactylate (SSL), calcium propionate and glacial acetic acid.

EQUIPMENTS REQUIRED:

mixer, baking pans, baking oven and cooling racks, muffin pans, weighing scale etc.

PROJECT REQUIREMENT (an estimate) :

	Cookies	Muffins
Land (Approx. in Sq. metres)	300	500
Building (Approx. in Sq. metres)	100	50
Plant & Machinery (Approx. Rs. in '000)	600	125
Total Project cost (Approx. Rs. in '000)	2200	1500

CAPACITY :

For cookies:

Suggested capacity: 49 kg / day  
Working : 300 working days/ year

For muffins:

Suggested capacity: 90 kg flour per batch  
Working : 300 working days/ year