

# Papaya Pea Fiber Muffins



**By:**  
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# Objective

- To create an acceptable, tasty high fiber muffin utilizing pea fiber.





# JustFiber Inner Pea Fiber



- Tan colored
- Bland in flavor
- Holds 4-8 times its own weight in water
- Natural source of dietary fiber

# Other Additions

- Juice



- Bits



## Sensory Evaluation of Papaya Pea Fiber Muffins

*Ingredients: all purpose flour, sugar, baking powder, salt, egg, salad oil, skim milk, inner pea fiber, and papaya juice. Please do NOT eat this if you have allergies.*

**Instructions:** Please evaluate the sample according to the characteristics listed below. For each sample, circle the *number* that best describes your preference for that quality. Please comment on your choices.

|                    | Strongly Dislike | Dislike | Neutral | Like | Strongly Like | Comments |
|--------------------|------------------|---------|---------|------|---------------|----------|
| Appearance         | 1                | 2       | 3       | 4    | 5             |          |
| Texture            | 1                | 2       | 3       | 4    | 5             |          |
| Flavor             | 1                | 2       | 3       | 4    | 5             |          |
| Overall Acceptance | 1                | 2       | 3       | 4    | 5             |          |

Please check one that best describes your opinion:

\_\_\_\_\_ I would eat this everyday

\_\_\_\_\_ I would eat this often

\_\_\_\_\_ I would eat this sometimes

\_\_\_\_\_ I would not eat this

*Additional comments:* \_\_\_\_\_

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*Thank you for your time*



# Ingredients:

- All purpose flour
- Granulated sugar
- Baking powder
- Salt
- Egg
- Canola oil
- Skim milk
- Pea Fiber
- L&A Papaya Juice
  - (Papaya puree and Apple juice concentrate)
- Sweetened Dried Papaya Bits



***IF YOU ARE ALLERGIC TO ANY OF THE ABOVE  
PLEASE DO NOT EAT OUR MUFFINS***

# Nutrition Facts

Serving Size (56g)  
Servings Per Container

Amount Per Serving

**Calories** 150      **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 0.5g      **3%**

**Cholesterol** 20mg      **7%**

**Sodium** 230mg      **10%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber less than 1g      **2%**

Sugars 5g

**Protein** 3g

Vitamin A 2%      •      Vitamin C 0%

Calcium 10%      •      Iron 6%

# Nutrition Facts

Serving Size (58g)  
Servings Per Container

Amount Per Serving

**Calories** 150      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g      **7%**

Saturated Fat 0.5g      **3%**

**Cholesterol** 20mg      **6%**

**Sodium** 240mg      **10%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 6g      **23%**

Sugars 10g

**Protein** 3g

Vitamin A 2%      •      **Vitamin C 15%**

Calcium 10%      •      Iron 6%

**Combine  
Dry  
Ingredients**

# Procedure:

**Combine  
Wet  
Ingredients**

**Add wet to dry**



**Mix minimally**

**Bake**



**Egg wash after 10 minutes, and  
continue baking**



**Let cool, serve, &  
enjoy :)**



# Recipe

| Ingredient                  | Original  | Our Muffin |
|-----------------------------|-----------|------------|
| All purpose flour           | 1 cup     | 3/4 cup    |
| Granulated sugar            | 2 tbsp    | same       |
| Baking powder               | 1 1/2 tsp | same       |
| Salt                        | 1/4 tsp   | same       |
| Large Chicken Egg           | 1/2 egg   | same       |
| Canola Oil                  | 2 tbsp    | 4 tbsp     |
| Skim Milk                   | 1/2 cup   | 2/3 cup    |
| Pea Fiber                   | None      | 1/4 cup    |
| L&A Papaya Juice            | None      | 1/4 cup    |
| Sweetened Dried Papaya Bits | None      | 1/2 cup    |

**START: # 1**



**#2**



**# 3**



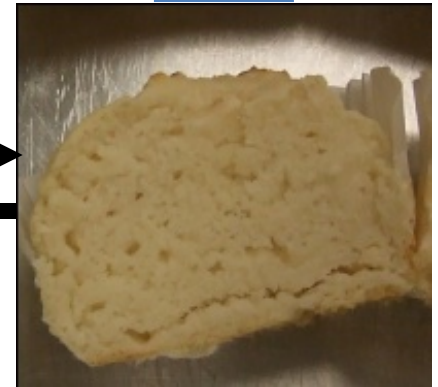
**#6**



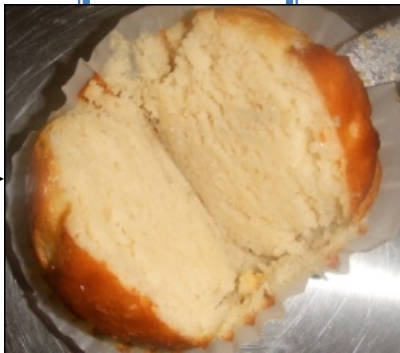
**#5**



**# 4**



**# 7**



**# 8**

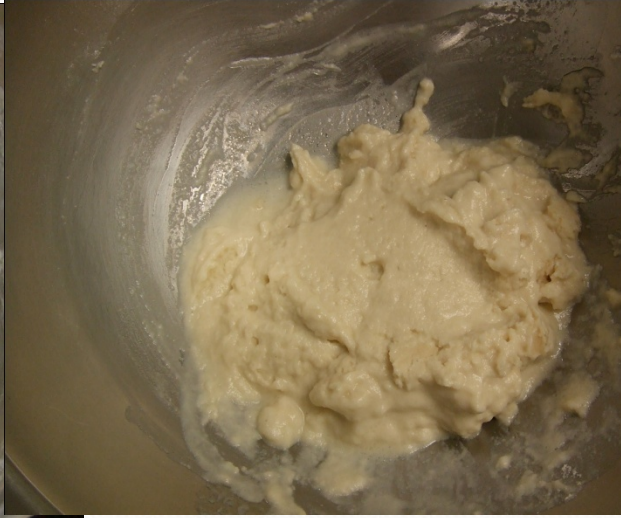


**FINISH: #9**





# Challenge: Milk Adjustments



**Original:**  
 **$\frac{1}{2}$  Cup of milk**

**#2:**  
 **$2 \frac{1}{2}$  X more milk**

**#5:**  
 **$3 \frac{1}{2}$  X more milk**

# Challenge: Texture



Earlier trials yielded a more dense, bread-like texture, whereas increases in oil and milk allowed for more tunneling and a softer feel.



# Challenge: Color & Browning



**# 3 doubled the egg amount**

**# 4 doubled oil amount, but no change in egg**



**#5 had no egg wash and no papaya**

**# 7 had an egg wash and papaya juice**



# Challenge: Fiber

● # 6



**55g muffin**  
**58% dietary fiber**

● # 7



**55g muffin**  
**90% dietary fiber**



# All Trials

Week 1



Week 2



# Any Questions?



**Thank you for your time!**  
**– Brittany, Kacie, Kelley**