

The small, round, greyish black or white Poppy seed having nutty flavor are considered as beneficial in various aspects including promoting digestion, boosting skin and hair health, and treating headaches, coughs, and asthma. Poppy seeds are a source of fiber, magnesium, calcium, and healthy fats, these seeds can be a good addition to a healthy diet. Poppy seeds are also low in cholesterol and sodium. Apart from health benefits, it also imparts other properties such as enhances baking properties. In baking it is used as fat replacer and enhances rising properties. It also used to bind ingredients and increases the mineral level, since it is rich in calcium and phosphorus it aids in bone health too. The manganese in the seeds helps in the production of the protein collagen that protects the bones from severe damage. Two types of poppy seed are grown, the black seeds and white seeds, white seeds are more commonly used as black one has more intense flavor.



### Outcomes Of Study

The outcome of this study is summarized as use of poppy seed in baking may enhance the ability of water binding and smooth texture product. They provide good binding property they increase mineral content that play role of painkiller in body. While their nutraceutical property seen by data their functional property is also reported they can be used in replacer of fat. They significantly reduces risk of heart attack as linoleic acid and oleic acid lower level of LDL in body. They have been used from several years as palliate herb in East Mediterranean and Asia. And their use in baking is continue b sprinkling on top or by using in dough of baked good.

### Top 8 health benefits of khus khus or poppy seeds

- ✓ Prevent mouth ulcers
- ✓ Relieve constipation
- ✓ Prevent bone damage
- ✓ Combat skin infections
- ✓ Induce sleep
- ✓ Improve heart health
- ✓ Enhance brain function
- ✓ Boost immunity



### Results

The motive of whole study is to bring new variety in baked products in terms of their sensory attributes and other property. Poppy seed having amazing property of making baked product of good quality not even this our experiment shows that it improves quality of baked products.

Figure 1. Label in 28pt Calibri.

### Poppy Seeds - Nutritional Nutrients mg Percent

Folates	82 µg	20%
Niacin	0.896 mg	5.5%
Pantothenic acid	0.324 mg	65%
Pyridoxine	0.247 mg	19%
Riboflavin	0.100 mg	8%
Thiamin	0.854 mg	71%
Vitamin C	1 mg	2%
Vitamin E	1.77 mg	12%
Sodium	26 mg	2%
Potassium	7.19 mg	15%
Calcium	1438 mg	144%
Copper	01.627 mg	181%
Iron	9.76 mg	122%
Magnesium	347 mg	87%
Manganese	6.707 mg	292%
Phosphorus	870 mg	124%
Selenium	13.5 µg	24%
Zinc	7.9 mg	72%

### References

Sharma,Ankita, Sharma,Parut," Utilization of poppy seeds (*Papaver Somniferum*) by reducing morphine for new food product development",2015, Department of Home Science, University of Rajasthan, Jaipur India  
Bala ,Ranu ,Dhankhar,Preeti, 'Development and sensory analysis of Traditional food products incorporated with poppy seeds' ,2016 , International Journal of Home Science

### Discussion

The summed up results from this research is that the first and the most predominant purpose to use the poppy seed in bakery products is its oil content that comprises about 25- 52%. The oil present in it are most nutritious oil that are mainly unsaturated. Poppy seed are also used as a fat replacer in baking .Another main role of seeds in baking is their binding ability and thickening property seen in cakes batter. Their pleasant aroma and taste makes product appealing.

### Conclusions

The concluded result from all the researches is summed up as use of poppy seed in baking surely enhance property of baked goods .They provide good binding property they increase mineral content they have good alkaloid content that play role of painkiller in body. While their nutraceutical property seen by data their functional property is also reported they can be used in replacer of fat. They significantly reduces risk of heart attack as linoleic acid and oleic acid lower level of LDL in body. They have been used from several years as palliate herb in East Mediterranean and Asia. And their use in baking is continue b sprinkling on top or by using in dough of baked good.



Poppy seed rolls



Poppy seed muffins