

Discussion

In this research, we have studied the role of cinnamon muffins against cardiovascular diseases. We made three samples of cinnamon muffins with three different concentration of cinnamon such as high (6.5 grams), low (5 grams) and normal (6 grams). The cinnamon muffin of normal concentration show the best results such that pleasant sensation to the tongue as compared to muffins of other concentrations. The low concentration cinnamon muffin shows lesser taste of cinnamon and other organoleptic properties as well as medicinal properties were suppressed. The high concentration cinnamon muffin shows the slightly burning sensation on tongue along with bitter taste. The muffin height rises up to 9.8 cm after baking which indicate its soft and smooth texture along with pleasant taste and aroma. The sensory analysis result shows that the mostly consumer acceptability is the cinnamon muffins of normal concentration. the cinnamon contain high level of anti-oxidants i.e. polyphenols which slow down the fat-storing process that reduce the chances of cardiovascular disorders.

Methods and Materials

First we mix all dry ingredients.

- ✓ Flour
- ✓ baking soda
- ✓ cinnamon powder

After mixing these ingredients, in a separate bowl add **brown sugar** and **egg**. Beat it till the mixture becomes very smooth, after it add **mustard oil**. Mix all above ingredients very well, for 10 minutes and preheat the oven at 180°C. Now put it in the oven, bake it at 250°C for 30 mint.

Results

We took 3 samples of different concentration of cinnamon. We done some physical test like muffins height and sensory analysis.

High concentration of cinnamon:

Texture, aroma and appearance lies in extremely in range. The flavor also lies in a range.

Normal concentration of cinnamon:

In it texture, aroma, appearance and flavor also lies in rang.

Low concentration of cinnamon:

Flavor and aroma are in range. Texture and appearance lies in range too.

Conclusions

This research is done in order to studied that how the cinnamon containing food can reduce the risk of cardiovascular diseases and keep the heart healthy. Cinnamon muffins can easily be taken by anyone but more specifically it is for the cardiovascular patients. The cinnamon muffin of normal concentration (6 grams) shows the best results. Affecting of heart or blood vessels is by the term called CVD, it associated with a build up of fatty deposits in the arteries. So cinnamon can reduce the risk of cardiovascular disease as it has many properties like anti-fungal, anti-bacterial and anti-viral, also has anti-oxidant with anti-inflammatory effects. It help to reduces blood pressure, lowers blood sugar and 2 type diabetes also reduces.

Table 1. Sensory Analysis Result By The Help Of Hedonic Scale:

	flavor	aroma	texture	appearance
High conc.	8	9	9	9
Normal conc.	9	9	9	9
Low conc.	8	9	9	9

Figure 1. Result According To Cinnamon Concentration.

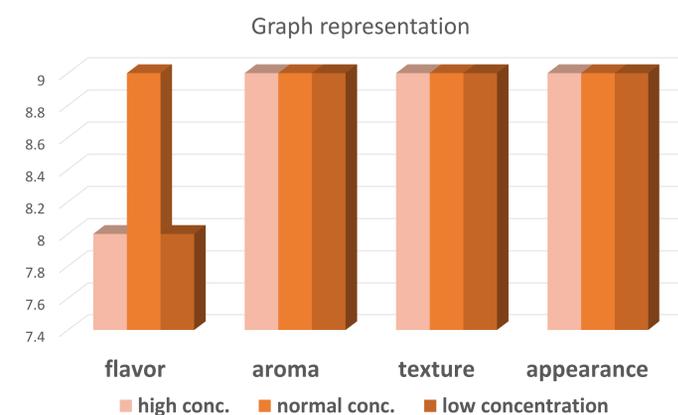


Figure 2. After Baking



Figure 3. Ready For Sensory

References

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