

**Development of Granola Bars with taro *Colocasia esculenta* Root,  
Okara Pulp Flour, and  
*Moringa oleifera* Leaves**

**Crisell Joy D. Dela Peña, Maybelle F. Fabito,  
Melarnie June A. Jacinto and Maribel Balagtas**

Nutrition Department, Adventist University of the Philippines,  
Cavite, Philippines; mcbalagtas@aup.edu.ph

**Abstract:** The Granola Bars was developed from taro, locally abundant rootcrop, and okara (soy pulp) a nutritious waste product from soy milk and tokwa production. Sweetener that were used are honey and muscovado sugar; vanilla for aroma; moringa, peanuts, and pinipig for nutrient enrichment. The okara, taro, and moringa leaves were dehydrated using the Multi-Commodity Heat Pump Dryer and were later powderized. Dried ingredients were mixed together; afterwards it was mixed into the other liquid ingredients while being melted at low temperature. The mixture was baked and cut into small squares. A serving of the product contains energy (802 kcal), protein (21.2g), carbohydrates (106.4g), fats, (32.4g), phosphorus (359mg), calcium (108mg), Iron (4.4mg), Niacin (13.1mg) Vitamin A (2mg), Vitamin C (2mg), Thiamin (0.14mg) and Riboflavin (0.2mg). The acceptability of the product in terms of appearance, taste, texture, and aroma was determined by 34 grade four students. Seventy percent of the people who tasted Granola Bars, extremely liked the product. It has an estimated life span of 14 days. And the selling price is 44.8 pesos per pack of eight pieces or 5.6 pesos per serving of 3X4 cm.

**Keywords:** Okara, granola bars, taro, moringa leaves