

**DEVELOPMENT OF A PROTEIN BAR USING PLANT-BASED
PROTEIN AND FISH GELATIN BINDER AND EVALUATION OF
SHELF LIFE STABILITY**



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2025

ABSTRACT

The increasing demand for high-protein, nutrient-dense, and functional snack options has led to the development of innovative protein bars. This study aimed to formulate and develop a protein bar incorporating plant-based proteins and fish gelatin, providing a balanced and sustainable protein source. Plant-based proteins derived from soybeans, mung beans, and millets were used for their rich amino acid profile, while fish gelatin was incorporated as a natural binding agent and collagen source. Protein bars were developed through controlled ingredient selection and processing techniques to achieve optimal texture, flavor, and nutritional composition. Physicochemical properties such as moisture content, texture, color, and pH were analyzed, along with sensory evaluation conducted to find the best sample. Out of 4 treatment samples (T₁,T₂,T₃,T₄) panelists chose T₃ as the best treatment sample. A 60-day shelf-life study was conducted to examine the stability of the bars under controlled storage conditions, including microbiological safety and physicochemical properties. The results revealed that developed protein bar contain 29.63% protein, 18.06% moisture, 2.27% ash, 10.35% of fat, 5.52% of fiber. These results indicated that the combination of plant-based proteins and fish gelatin enhanced the textural integrity, protein quality, and overall sensory appeal of the product without affecting fish gelatin taste for sensory properties. Further research is recommended to optimize storage conditions and explore additional preservative options for improved product stability and nutritional benefits.

Keywords: Protein bar, plant-based protein, fish gelatin, shelf life, sensory evaluation

TABLE OF CONTENT

ACKNOWLEDGMENT.....	i
ABSTRACT.....	ii
ABBREVIATIONS.....	iii
CHAPTER 01	1
1.0 INTRODUCTION	1
1.1 Background.....	1
1.2 Problem Statement.....	3
1.3 Justification Statement.....	4
CHAPTER 2	6
2.0 LITRETURE REVIEW	6
2.1 Overview of Protein Bars.....	6
2.2 Protein bar market and challenges	7
2.3 Major ingredients and Protein sources in protein bar	8
2.3.1 Plant base nutrition	9
2.3.2 Soya beans	10
2.3.3 Green gram flour.....	10
2.3.4 Jackfruit seeds.....	11
2.3.5 Pumpkin seeds	11
2.3.6 Sesame seeds.....	11
2.4 Role of Binding agents in protein bar formulation	12
2.4.1 Gelatin as a binder	12
2.4.2 Sugars and Syrups.....	12

2.4.3 Oats	13
2.4.4 Nuts	13
2.4.5 Agave and Date Syrup	13
2.5 Challenges in Selecting a Binder	13
2.5.1 Texture and Consistency	14
2.5.2 Nutritional Considerations	14
2.5.3 Shelf Life and Stability	14
2.5.4 Consumer Preferences	14
2.6 Fish Gelatin as a functional binder	15
2.7 Texture, Stability and Sensory attributes	15
2.8 Nutritional and health implications of Protein bars	16
CHAPTER 3	17
3.0 METHODOLOGY	17
3.1 Experimental location & design.....	17
3.2 Materials	17
3.2.1 Collection of raw materials.....	17
3.2.2 Chemicals.....	17
3.2.3 Apparatus / Equipment and Instruments.....	18
3.2.4 Ingredients needed for preparation of protein bar.....	19
3.3 Packaging material.....	19
3.4 Software tools	19
3.5 Methodology	20
3.5.1 Development of formulation for protein bar (per 40g of protein bar)	20
3.5.2 Development of protein bar	21

3.5.3 Extraction of fish gelatin.....	22
3.6 Sensory analysis.....	23
3.6.1 Sensory analysis of protein bar	23
3.6.2 Coding of sensory bar samples	24
3.6.3 Sensory panelist and serving of protein bar samples	24
3.7.2 Determination of ash content (AOAC 938.08)	25
3.7.3 Crude protein determination (AOAC 981.10)	26
3.7.4 Determination of Crude Fat (AOAC 920.39)	27
3.7.5 Determination of fiber content (AOAC 991.43).....	28
3.7.6 Determination of pH (AOAC 981.12)	29
3.7.7 Determination of texture	29
3.8 Microbiological quality.....	29
3.8.1 Total plate count.....	29
3.8.2 Yeast and mold count	30
3.8.3 E coli bacteria (SLS 516-12:2013/ SLS1461 Part 1).....	31
3.8.4 Salmonella bacteria (SLS 516: Part 5: 2017).....	32
3.8.5 Listeria	32
3.9 Shelf-life stability evaluation.....	33
CHAPTER 4	34
4.0 RESULTS & DISUSSION.....	34
4.1 Sensory evaluation.....	34
4.1.1 Appearance.....	36
4.1.2 Flavor	36
4.1.3 Taste	36

4.1.4 Texture	36
4.1.5 Overall Acceptability	36
4.2. Proximate composition	37
4.2.1 Moisture content	38
4.2.2 Ash Content.....	39
4.2.3 Crude Protein Content.....	41
4.2.4 Crude Fat Content.....	42
4.2.5 Crude Fiber Content.....	43
4.3 Physical measurements and chemical properties of protein bar	45
4.4 Microbial analysis.....	46
4.4.1 Total plate count.....	46
4.4.2 Yeast and mold count	47
4.4.3 Escherichia coli bacteria	47
4.4.4 salmonella	47
4.4.5 Listeria	48
4.5 Shelf-Life Stability Evaluation of Physicochemical and Microbial Attributes	48
4.5.1 pH Variation During Storage.....	51
4.5.2 Moisture content variation during storage	52
CHAPTER 5	55
5.0 CONCLUSION.....	55
5.1 Recommendation	56
REFERENCES	57
APPENDICES	68